

# COVID-19 : keys to managing one's emotions

## Some signs of stress to keep in mind

### Some factors that can increase vulnerability

- Past traumas
- Pre-existing mental health issues
- Chronic diseases
- Linguistic barriers
- Difficulties accessing an interpreter
- Loss of sociocultural landmarks
- Employment in essential services
- Loss of employment / income
- Shortage of food supplies



Call your social worker or 211 if needed



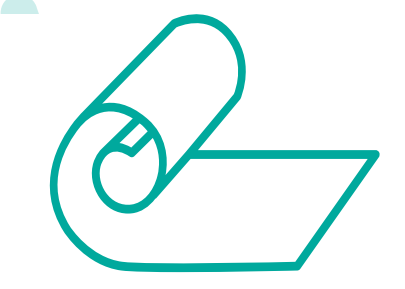
Keep regular hours



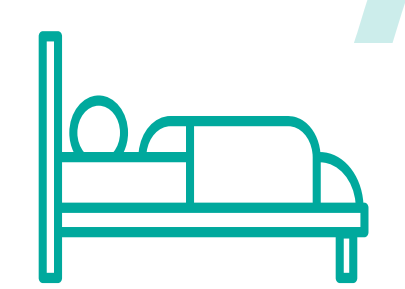
Feeling lonely (breakdown of social ties)



Intrusive thoughts about the past traumas



Exercise regularly



Practice good sleep hygiene



Interrupted or disturbed sleep



Invasive fears and worries



Restrict your exposure to media



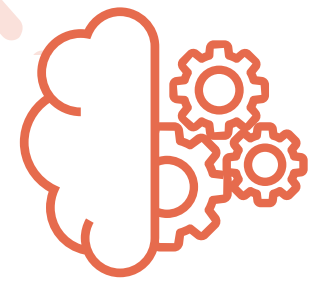
Disrupted eating habits



Increased consumption of alcohol or drugs



Avoid alcohol and drugs



Difficulty concentrating



Increased irritability and anger



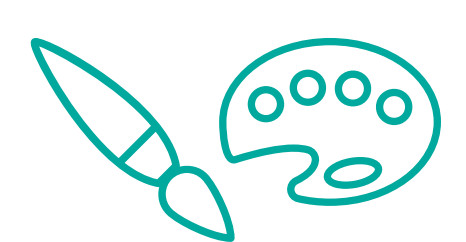
Worsening of health issues



Relax: breathe deeply, stretch or meditate



Connect virtually with your friends and family, catch up with them



Develop your creativity (writing, drawing, dance, cooking, etc.)