

Remember that being alive always involves a state of risk and it's something that you have been navigating all along!

Think about what resources have helped you through difficult times in the past.

Remind yourself that it's normal to have more difficult feelings than usual and that you are not alone. Allow yourself to feel however you might be feeling right now. Then go back to the first point and remember that risk is normal, and you don't need to jump on the panic bandwagon.

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When the facts are already scary it is easy to fall into traps in our thinking — catastrophizing the worst-case scenario, or overgeneralizing outcomes. To combat this, try to catch yourself going down a path of unhelpful or extreme thinking. You can ask yourself: "Is this thought based in fact and is it helpful to me right now?"

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How **much** information do you find helpful? You may want to limit your intake to specific times of day. Five to ten minutes per day is more than enough time to get the information you need to stay fully informed and safe.

What **types** of information do you find helpful? Keeping up to date on all the different ways community members are panicking may increase your own alarm. Use trusted sources, such as:

- **City of Toronto:** [www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/](http://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/)
  - **Province of Ontario:** <https://www.ontario.ca/page/2019-novel-coronavirus>
  - **Government of Canada:** [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)
  - **World Health Organization:** [www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)
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Take breaks and allow yourself to do things you enjoy while social distancing—cooking, reading, walking, listening to podcasts. Nurturing our bodies through exercise, good nutrition, and sleep will allow them to be the effective managers of immune challenges they were meant to be.

Lastly, **how can you remain connected while practicing 'social distancing'?** Well cared for, unstressed, socially supported bodies are more resilient.

"And the very last thing we need right now, is a mindset of mutual distancing. We actually need to be thinking in the exact opposite way: Every hand that we don't shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise."

Rabbi Yosef Kanefsky

## **Additional Resources:**

[www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus](http://www.mcleanhospital.org/news/caring-your-mental-health-despite-coronavirus)

**Anxiety Canada:** [www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19](http://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19)

**CAMH:** <http://www.camh.ca/en/health-info/mental-health-and-covid-19>