As the summer progresses, more things are opening up in our communities and that can be exciting. However, for some of us (even many of us at some times) we might still have worries and fears about what this “new normal” means. See the CARD system below, posted by Anxiety Canada for strategies to reduce anxiety: Comfort, Ask, Relax, Distract. Click on the image for the complete set of CARDS.

If you want to learn more about anxiety, or you need a bit more help (especially if your strategy for managing is to avoid things, or you feel worried or panicked many times over most days), check out Anxiety Canada. They also have a free app called “MindShift CBT”. An introduction to the app can be viewed here: https://www.youtube.com/watch?v=0Ka10cf9dSY. And like the CARD system says, you can always ASK for help from one of the publicly funded mental health agencies in your area.

One way to manage during stressful times is to understand the facts and take charge of the things you can control. During COVID19 our Public Health Units can be wonderful sources of helpful information that guide us in how to stay safer while still enjoying activities inside and outside of home. Click on these images to visit:

Call 1-800-668-6868 for support or Children and youth text TALK 686868
Adults text WELLNESS 741741