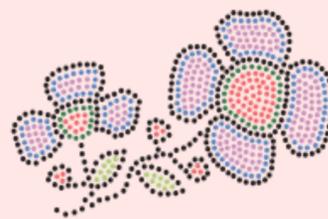


6 Ways



GRAND COUNCIL TREATY #3
HEALTH COUNCIL



to Keep Your Anxiety from Taking Over

These are times when there is a lot of uncertainty and change. It is natural to feel anxious about COVID-19 and worried about what the future holds. However, it is important to respond to your anxiety and stop it from overwhelming you:

Create Structure: Build structure in your day and establish a routine. Having activities and plans to focus on will reduce anxious thoughts. Plan meals for specific times and keep a healthy sleeping routine.

Manage Environment: If your environment is out of control, you will feel out of control. When your environment feels tidy and organized you will feel more positive and prepared.

Do not forget about Self-Care: Building in self-care such as exercise, meditation, laughing, getting fresh air, and alone time. Even a 10-minute walk or making yourself a cup of coffee can calm your nerves. Drink lots of water and eat nutritiously.

Pep talks: You can give these to yourself. or you can reach out to a trusted confidant. The key is to find positive perspectives to reach past your anxiety. Positive self talk and encouragement can help keep us moving forward.

Label your anxiety: Sometimes noting what makes you anxious and acknowledging it can help calm you. When we identify our emotions we can accept them and remind ourselves anxiety is normal during stressful times.

Remembering you're not alone: Think about friends and family and what you can do to help or support them. As well, ask for assistance and support that you may also need.