



STAYING HEALTHY DURING A PANDEMIC

The COVID-19 pandemic may cause significant levels of stress for regulated nurses and health-care providers. It is normal to experience worries or anxieties that may result in increased physical or psychological stress. Coping with this stress and promoting emotional well-being are important. Here are 6 strategies you can use:

1 TAKE CARE OF YOUR BODY



Rest during and between shifts, eat healthy and stay active — all can support your physical and emotional well-being. If possible, avoid substance use such as smoking, vaping and consuming caffeine and alcohol — all can have negative effects on your health.

2 TAKE CARE OF YOUR MIND



Find a daily self-care or wellness activity or create a routine that you can do at work or home.

Examples:

- ▶ Relaxation and breathing exercises
- ▶ Checking in with colleagues for a laugh or talk
- ▶ Journal-writing, reading, dancing or drawing

Need some ideas? [Check out the CNA website for additional resources.](#)

3 STAY CONNECTED



There are many ways to stay connected during this time of physical distancing. Connect virtually with family and friends through routine calls, check in with your neighbours (from a distance) and talk to your colleagues or manager for social support. You are not alone; we are all in this together.

4 SET BOUNDARIES WITH THE NEWS



Staying informed is important, but watching, reading and listening to the constant newsfeed about COVID-19 can make you feel anxious or distressed. Take breaks or set a couple of designated times in the day to tune in.

5 CHOOSE YOUR INFORMATION AND SOURCES WISELY



Seek information that has practical value and focuses on meaningful facts. Steer clear of news or language that sensationalizes events. Also, use trusted sources of information to ensure you get facts instead of myths and rumours.

Here are some sources you can rely on:

- ▶ [Public Health Agency of Canada](#)
- ▶ [World Health Organization](#)
- ▶ [Canadian Nurses Association](#)

6 ASK FOR HELP



Reach out for support if you are overwhelmed or experiencing increasing stress. Everyone experiences and copes differently with stress. Seeking help may lead to new strategies to support your well-being.

DID YOU KNOW?

The Canadian Psychological Association has a [list of psychologists who are donating time](#) to offer free telephone support to point-of-care workers during the COVID-19 pandemic.