

Stress, anxiety and depression associated with the coronavirus COVID-19 disease – Simplified illustrated version

You might have several reactions during this unusual situation caused by the coronavirus (COVID-19) pandemic.





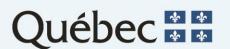
Stress is a normal response to positive or negative situations. Stress comes and goes.

You might feel anxious.



Anxiety is a reaction that happens when someone feels threatened (afraid that a dangerous or bad event might happen). There are times when anxiety is more intense than at other times.







You might feel depressed.



➤ When you're depressed, you feel discouraged and sad, but it passes.

Your body might react. For example, you might have:



- Headaches and tension in your neck



- Trouble with your stomach or bowels



- Trouble sleeping, tiredness, and less energy



- Less appetite



Your thoughts and emotions might be affected. For example, you might:

- Be worried and insecure about the virus;
- Feel powerless and unable to cope;
- Have thoughts that don't always reflect what's really happening;
- See things or events negatively;
- Feel discouraged, insecure, sad or angry.

Your behaviour might change. For example, you might:



Have trouble concentrating



- Be irritable and aggressive



- Cry



- Close off from the world





- Have trouble making decisions
- Use alcohol, drugs or medication more often





Ways to help you feel better. For example:

Think about what you did in the past when times were tough.



Get information:

Listen to the news from a source you trust, for example, on the Government of Québec website: https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/.



*Don't spend too much time reading about COVID-19 because this might make your stress, anxiety or depression worse.



- **❖** Make time for yourself:
 - o Talk to someone you trust.



o Express your emotions by writing or drawing.



o Get exercise to reduce your stress and tension.





o Stay healthy by eating properly and getting enough sleep.





o To limit your stress, use your personal strengths and set limits so that you don't do too much (for example, refuse to do something that you don't want to do or that isn't important).



• Do something that makes you happy (for example, listening to music, having a hot bath, reading).









Stay in contact with people who do you good.



• Ask for and accept help from others (for example, ask the kids to help with the dishes).





Services offered

You can ask a health and social services professional for help at any time.

The services are free and confidential.



Phone

- Government of Québec COVID-19 hotline: 1-877-644-4545
- Psychosocial assistance hotline: Info-Social 811
- Suicide prevention: 1-866-APPELLE (277-3553)

Internet

Government of COVID-19 online information page: https://www.quebec.ca/sante/problemes-de-sante/ a-z/coronavirus-2019/

MTZ-017-T7

