

Coronavirus (COVID-19)

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.

You might feel stressed.



- 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



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- 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:

- Talk to someone you trust.



- Express your emotions by writing or drawing.



- Get exercise to reduce your stress and tension.



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- Stay healthy by eating properly and getting enough sleep.



- 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/>