

Managing anxiety during COVID-19

During the COVID-19 pandemic, some people may find themselves with increased anxiety. The following resources may help with managing anxious feelings.

Mind Control: Managing your Mental Health during COVID 19

This free, four-week online course teaches skills to cope with the anxiety around COVID-19. Presented by Steve Joordens, professor of psychology at University of Toronto Scarborough, participants can either watch the videos solo, or join an online community to learn with a group. New enrolment for the group work starts every few weeks.

<https://www.coursera.org/learn/manage-health-covid-19>

Overview

Week 1: The Machinery Underlying Anxiety and How to Control it.

Week 2: Managing Anxiety by Managing your Environment.

Week 3: Understanding and managing the effect of isolation.

Week 4: Summary

FACE COVID

This resource focuses on cognitive, emotional and behavioral ways to respond during the COVID – 19 pandemic. Presented by psychologist Russ Harris, based on principles of Acceptance and Commitment Therapy and is available on YouTube or E-book.

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

<https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>

Overview

Focus on what's in your control

Acknowledge your thoughts and feelings

Come back into your body

Engage in what you are doing

Committed action

Open up

Values

Identify resources

Disinfect and distance

Taking Care of Your Mental Health During the COVID – 19 Pandemic

This three-minute video that breaks down seven areas to focus on around mental and physical health. This combines behavioral activation, mindfulness and practical tips.

<https://youtu.be/IsJus1R15Ds>

Overview

Some topics include:

- Attention diet – consuming media deliberately.
- Gratitude – focused exercise on what you value are present despite the stress
- Focus on control - remind self what is in and out of our control

Mental Health and Coping with COVID – 19

This webpage that breaks down key areas to focus on and can help those feeling overwhelmed with information or what to believe.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Overview

Some topics include:

- Issues people can expect as a result of a pandemic.
- Ways to cope
- Facts to help reduce stress
- How to support your loved ones.

Living with Worry and Anxiety Amidst Global Uncertainty

This free online document acts as a guide through anxiety. Created by two psychologists, this is available in over 30 languages and adapts specific anxiety management strategies to common worries about COVID.

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Overview

Some topics include:

- What is worry
- What can one do about worry
- The importance of behavioral balance as it relates to worry
- Menu of ideas to stay occupied in a healthy way

How can Calgary Foothills PCN help?

Our PCN's mental health team can also help with managing anxiety:

- Book a free virtual appointment with our [One-Step-at-a-Time counselling team](#) at 1-855-79-CFPCN (23726) or 587-774-9736
- Talk to your family doctor about a referral to one of our [behavioural health consultants](#)