

Maintaining Mental Health Through the COVID Crisis



Mental Health

Mental health is a state of well-being in which a person can realize their own potential, cope with the normal stresses of life, can work fruitfully and productively and is able to contribute to their own community.

– World Health Organization

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Mental Health

- Realize their own potential
- Cope with the normal stresses of life
- Work fruitfully and productively
- Contribute to their own community

Signs You Could be Struggling

Physically – difficulty sleeping, poor diet, lack of exercise, aches and pains

Emotionally – sadness, grief, loss, guilt, numbness, difficulty managing our moods

Mentally – helplessness or hopelessness, apathy, confusion, difficulty concentrating, memory problems

Spiritually – abandoning practices, questioning faith

Resilience

1. View change as a challenge or opportunity
2. Commitment
3. Recognizing limits of control, knowing what we can control
4. Engaging the support of others
5. Setting personal and collective goals, acting on them
6. Self efficacy and tapping into past successes
7. A sense of optimism, and a sense of humor
8. Recognizing the strengthening effect of stress
9. Tolerance of negative feelings, moods, etc.
10. Faith or Spirituality

Options for Self Care

Physically – practice good sleep hygiene, eat regularly, stay active, drink water

Emotionally – notice feelings, accept them, allow them to come and go

Mentally – reframe negative thoughts, look for the positives, practice mindfulness or meditation

Spiritually – stay socially connected, lean on spiritual teachings, reflect on what you've learned

Options for Self Care

Other Tips...

- Be kind and gentle with yourself, and others
- Stay informed daily but limit how much news and information you consume
- Use reliable sources of information; stay away from sensationalism
- Notice your fears and do a reality check
- Look to combat your fears by engaging your curiosity and creativity, and using humor

Resources

Available Through CMHA-ER

www.edmonton.cmha.ca

- Distress Line – 780-482-4357
- 1-800-232-7288
- 211 Alberta
 - COVID Resource List available on-line at www.ab.211.ca

Resources

Other Sources for Information:

Government of Alberta

- www.alberta.ca/coronavirus-info-for-albertans.aspx#toc-9

World Health Organization

- www.who.int/emergencies/diseases/novel-coronavirus-2019

Government of Canada

- www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

Mental Health Commission of Canada

- www.mentalhealthcommission.ca/English/covid19

The End

Questions???

Thank You!!!

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