COVID-19 and Your Mental Health

Don’t be afraid to ask for help

As the COVID-19 pandemic continues to affect the world, these days can be especially anxiety-provoking and may begin to affect your mental health or the mental health of those around you. Feelings of fear, anxiety, sadness and uncertainty are normal during a pandemic but fortunately, being proactive about your mental health can aid in keeping both your mind and body stronger.

Ways to take care of yourself include:

- Recognizing things you can control, such as maintaining good hygiene
- Taking measures only if recommended by Alberta Health Services, rather than acting out of fear
- Practicing self-care. Eat well, get lots of sleep and partake in leisure activities
- Read the news from reliable sources, and take time to take breaks from reading it at all
- Reach out to those close to you and talk about what you’re feeling

Mental health in the workplace

According to the Canadian Centre for Occupational Health and Safety, organizations need to consider the following to create a mentally healthy workplace:

- Psychological support
- Organizational culture
- Clear leadership and expectations
- Civility and respect
- Psychological competencies and requirements
- Growth and development
- Recognition and reward
- Involvement and influence
- Workload management
- Engagement
- Balance
- Psychological protection
- Means of physical safety

Mental health and wellness resources

Recommended outreach includes:

- If you have concerns about your personal health, call 811
- If you are having a mental health crisis, call 911