To help yourself, do whatever is necessary as long as it’s vital. Don’t hesitate to adapt, but listening to your thoughts, emotions, and behaviours is crucial. Most people succeed in managing stress and relationships with others.

Experiencing various levels of anxiety in some spheres of life is normal. When this happens, you may find it more challenging to deal with your worries. It’s normal to have a range of emotions, even cause depression. Overwhelm can increase stress and overload. It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.

Take care of yourself
- Rely on your personal strengths and have confidence in your abilities.
- Remind yourself of the winning strategies you used in the past to overcome difficulties. There is no one-size-fits-all solution! Each and every one of us must take steps to foster our own well-being.
- Enjoy life’s little pleasures, such as listening to music, taking a warm bath, reading, exercising, etc.
- If you live close to nature, make the most of it. Breathe deeply and slowly as you walk.
- Learn to delegate, and allow others to help you.
- Ask for help when you feel overwhelmed. It is not a sign of weakness, but rather a sign of strength when you are strong enough to do what is necessary to help yourself.
- Lend a hand in your community in a way that respects your personal limits and public health directives. By helping others, you can improve your well-being and your own as well.
- Think about what has meaning and value for you. Reflect on the important things in your life that you can hold onto in hard times.
- Reduce the stressors in your life.
- While it is important to stay informed, limit the amount of time spent reading about COVID-19. Information overload can increase stress and anxiety, and even cause depression.

Choose healthy living habits
- Keep in mind that having a range of emotions is normal. Feelings play an important role in life, and it is essential to experience them without passing judgment.
- Use words to express what you are going through. Do you feel alone? Are you worried?
- Allow yourself to share your feelings with a trusted friend or family member. It might also be helpful to write down how you’re feeling or call a helpline. Find what works for you!
- Those closest to you may not necessarily be able to “read” you. Express your feelings.
- Leave space in your life for your feelings and those of your loved ones.

Make judicious use of social media
- Use critical thinking before sharing something on social media. Ill-advised information can have harmful effects and be detrimental to everyone’s efforts in these times.
- Use social media to share positive experiences. Expressing gratitude can inspire others to do the same.
- Be there for yourself—solutions exist through difficult times. You are always there when your loved ones are going through a tough time.

Give voice to your feelings
- Try to keep to a routine for eating, resting, sleeping and other daily activities.
- Go to bed at an hour that lets you get enough sleep.
- Be physically active on a regular basis, while complying with public health directives.
- Reduce your consumption of stimulants like coffee, tea, soft drinks, energy beverages, chocolate, etc.
- Drink lots of water.
- Lower your alcohol, drug and tobacco consumption, or simply say no to them entirely. The same goes for gambling.

Help and resources
We are all going through unprecedented times that can intensify our emotional reactions. For example, you might feel greater fatigue or have fears that you can’t shake, or even have trouble just dealing with the day-to-day. Focus on these signs of a problem and, as soon as you can, contact resources that can help you to better manage your feelings and develop new coping strategies.

- **Info-Social 811**
  - Écoute Entraide
  - Tel-Aide
  - Regroupement des services d’intervention de crise du Québec
  - Centre de crise.ca/listecentres
  - Info-Social 811 is a free and confidential telephone consultation service available 24/7
  - Provides 24/7 referral services for people in distress (French): centredecrise.ca/listecentres
  - Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to:
    - 514 935-1101
  - Tel-Aide
  - Helpline that provides 24/7 assistance to people who are isolated, in distress or need someone to talk to:
    - 514 278-2130
  - Centre de crise.ca/listecentres
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    - 514 278-2130
  - suicidecrisis.ca/
  - Suicide prevention crisis helpline
  - Crisis helpline that provides suicide prevention services 24/7: 1 866 APPELLE (277-3553)

The Getting Better My Way digital tool
**Getting Better My Way** is a digital self-management tool for emotional health. If you are experiencing stress, anxiety or distress, this tool can help improve your well-being by identifying practical things you can do to feel better. Learn more at [Québec.ca/Gettingbetter](Québec.ca/Gettingbetter)