

ADDEMDUM 1

Caring for Yourself and Others in Times of Uncertainty

Caring for yourself and others in times of uncertainty can be challenging. In times like the ones we are currently facing, it is normal to feel anxious and worried, and not know what to do. If you are feeling overwhelmed, taking a moment to acknowledge you are having a normal reaction to an abnormal situation can be a helpful first step. Whatever you are feeling is okay but know there is help available if you are struggling.

Often when we face stress, our wellness practices and healthy habits may give way to other priorities or concerns. This said, maintaining our wellness physically, mentally and spiritually during times of stress is one of the most important things we can do both for ourselves and those around us. There are steps that you can take to recharge your own battery and prepare for the unknown. Consider the tips in the resources below to help you maintain your own wellness.

Resources:

“Life is uncertain. We all know it and it can make people anxious. But there are times when world events bring forward even greater uncertainty in daily life, which in turn can make us even more anxious than usual. The coronavirus outbreak is one of these times for many people. How can you manage this anxiety and worry during these uncertain times?”

For more: [What to do if you're worried or anxious about COVID 19](#)

“When stress strikes, self-care often takes a back seat. “The ability to care for oneself is predicated on the ability to consistently go inward and listen to what is there with open, compassionate ears,” said Amy Pershing, LMSW, ACSW, a clinical director at The Center for Eating Disorders in Ann Arbor, Mich.”

For more: [PsychCentral - Practicing Self Care During Stressful Times](#)

“Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.”

For more: [5 Self Care Strategies For Every Area Of Your Life](#)

For tips, videos, and resources on managing anxiety go to [Anxiety Canada](#)

“In many ways we are in unprecedented times, and with this can bring many challenges from financial restraints, shifts in routine, to isolation from social networks and support services. These conditions can accelerate or exacerbate domestic violence situations and may lead to increased rates of domestic violence. “

For more: [Domestic Violence Supports During Times of Stress](#)

For Emotional Support and/or Counseling:

[AHS Mental Health Helpline](#) - 1-877-303-2642

Toll free 24/7 telephone service, which offers help for mental health concerns for Albertans.

[Kids Help Phone](#) - 1-800-668-6868

An e-mental health service for young people, available 24/7 from anywhere in Canada via phone, text, or online chat.

[Family Violence Information Line](#) - 310-1818

Toll free 24/7 telephone service, which offers family violence information and support in Alberta. Available in 170 languages.

[Edmonton Seniors Abuse Help Line](#) - 780-454-8888

Get support, referrals and crisis intervention for elderly adults who are at risk of experiencing abuse or neglect.