

# Finding Calm Amidst the Chaos

Healthy Strategies to Help You Cope During a Global Crisis



The outbreak of a global pandemic, like COVID-19, can be very stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in both adults and children. Finding healthy ways to cope with stress will help you, the people you care about, and your community remain calm, strong and resilient.

Effective coping strategies and self-soothing techniques involve engaging one or more of the five senses. Try incorporating some of the below strategies and daily affirmations when you feel overwhelmed or anxious. You know yourself better than anyone else and there is no better way to determine what works for you than by testing different strategies like journaling, deep breathing practices, and exercising.

## Using Your Senses to Relieve Stress

### SIGHT



Brighten your space with plants, colours, and cherished photos.

### SOUND



Listen to soothing music or a guided meditation.

### TOUCH



Pet your dog or cat, wrap yourself in a soft blanket.

### SMELL



Light a scented candle or experiment with essential oils.

### TASTE



Savour your favourite treat or enjoy a warm beverage.

## Try Repeating Daily Affirmations

“I’m not alone.  
Every human is in this together.”

“I’m doing the best I can.”

“Today I choose to be  
calm and centered.”

“The weight of the world is  
not on my shoulders.”

## APPS & RESOURCES

It is important to stay informed with information from reliable sources, like CDC and WHO. If you find yourself feeling overwhelmed, try limiting your exposure to the news. While in isolation, there are hundreds of resources at your fingertips that will help you better manage and cope with stress and anxiety. Follow the links to the left for a variety of apps that provide both free and low-cost guided meditations, journaling platforms, adult colouring activities, virtual mental health assistants, online therapy, and tapping solutions.

Headspace  
Meditation App

Youper  
Emotional Health Assistant App

Clementine  
Female Hypnotherapy App

Talkspace  
Online Therapy App

The Tapping Solution  
Healing Technique App

Big White Wall  
Mental Health Support Network

Daylio  
Journaling App

Recolor  
Adult Coloring App

## INSPIRING & UPLIFTING SOCIAL MEDIA ACCOUNTS



**Positive News & Notes**  
[@goodnews\\_movement](#)  
[@goodgoodgoodco](#)  
[@veronicadearly](#)  
Good News Network



**Mental Health Pro's**  
[@healthpsychologyclinic](#)  
[@the.holistic.psychologist](#)  
[@lisaoliveratherapy](#)  
[@lizlistens](#)



**Local Resources**  
[@curiocitytoronto](#)  
[@hardfeelingsto](#)  
[@mindsetbraingym](#)  
[@camhnews](#)