

Tips and advice on managing anxiety



Limit your news consumption.
Get your information from a reliable source
once a day.



Be flexible while maintaining a daily routine.
Make daily plans



Keep in contact despite the isolation.



Do relaxation activities (yoga, meditation,
listening to music).



Get moving (walk, run, stretch, ride a bike)!



Avoid over-consumption (alcohol, drugs,
cigarettes, pot, etc.).



Other ideas

- Let your creativity run wild and try new things. Paint, play or listen to music, cook, read, learn a new language, do a jigsaw puzzle, etc.
- Do chores you normally procrastinate over (clean the cupboards, renovate your home, do some filing, etc.)
- Move: the endorphins produced through physical activity is good for morale. Take a walk while making sure to respect the physical distancing rules set out by public health authorities, work out. Check out our list of the best [home workout apps](#) or [exercises you can do at home](#).
- Try activities like relaxation, meditation or yoga. Read our blogs: [6 tricks to stop overthinking](#) and [8 tips on how to make solitude a friend](#).

Additional resources

Are you worried about the coronavirus pandemic?



**All SSQ Insurance insureds have access to
a free assistance hotline.
Hotline Number • 1-877-480-2240**



Internet

Chloe: An automated medical assistant that provides access to the latest public health information and resources: <https://covid19.dialogue.co/#/>

Sources:

quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/#c47205