

The recent outbreak of coronavirus (COVID-19) is having a significant impact on so many areas of our lives. With so much uncertainty surrounding this pandemic, it can be overwhelming and cause strong emotional responses in individuals, including fear and heightened anxiety. Individuals within the Agriculture community are among the most vulnerable when it comes to mental health concerns, as levels of stress, anxiety, depression, and burnout are all high among producers. Because of this, it is important to take a proactive approach to managing our mental health and coping with stress effectively.



BELOW ARE A FEW TIPS ON HOW TO SUPPORT YOURSELF AND OTHERS DURING THIS TIME:

Focus on what you can control: There are so many things outside of our control, and if we fixate on trying to manage these things our stress levels will continue to increase. Instead, focus our time and energy on things we do have control over, such as maintaining a routine and engaging in regular self-care.

Take care of your body: Looking after one's physical health will have a positive impact on mental health as well. Try to get regular exercise with home workouts, eat healthy, and get plenty of sleep.

Self-Compassion: It is important to recognize that we can't do everything we are use to doing and that this an unprecedented situation. Treat ourselves with kindness and give ourselves a break. A good idea to monitor our self-talk is to make sure we speak to ourselves the same way we would speak to a close friend.

Take breaks from the news: While it is important to stay updated on how the coronavirus is impacting our lives, hearing about the pandemic constantly can be upsetting. Take breaks from watching, reading, and listening to news stories, as well as social media. Additionally, ensure you are getting your information from trustworthy news sources.

Stay connected with others: Physical distancing is important to practice, but we still need to maintain social connection with those we care about. Phone, text, or video chat are great ways to maintain contact. Additionally, try to talk about things unrelated to COVID-19 for a break.

Seek extra help or support: It's okay to not feel okay, and if your anxiety is having an impact on your daily functioning it may be beneficial to reach out for professional support. Bridges Health has a mobile app called Avail, that is currently being offered free of charge. This provides individuals with a resource to access videos, tips, and articles tailored to specific areas of wellness, and also connects users with care professionals in their area.

For more information, please contact [Bridges Health at info@bridgeshealth.com](mailto:info@bridgeshealth.com) or (306) 668-5520.

The Canadian Mental Health Association, SK Division has set up phone lines to support those who may be struggling in these changing times:

Provincial Line: 306-421-1871

Provincial Youth Line: 306-730-5900

Moose Jaw: 306-630-5968

North Battleford: 306-441-5746

Prince Albert: 306-940-7678

Regina: 306-535-4292

Rosetown: 306-831-4083

Saskatoon: 306-270-3648

Swift Current: 306-741-5148

Weyburn: 306-861-4951