

Subject: COVID-19 Update - April 30, 2020

Date: Thursday, April 30, 2020 at 4:18:56 PM Pacific Daylight Time

From: Ernie Baatz

To: Ernie Baatz

100 Days since the First BC Government Alert about Corona Virus

In Dr. Bonnie Henry's update today, she noted that it was 100 days ago that the first BC Government press conference raised the alert about the Corona Virus and COVID-19. I scrolled back on the BC Government News site for that first announcement and it is linked here:

[January 21, 2020 - Minister of Health, provincial health officer's statement on coronavirus risk](#)

[January 25, 2020 – Joint statement on first Canadian case of novel coronavirus](#)

[January 28, 2020 – Joint statement on the first case of 2019 novel coronavirus in BC](#)

[March 2, 2020 – Joint Statement on Covid-19](#)

[April 1, 2020 – Joint Statement on Province of BC Covid-19 response, latest updates](#)

You can click back through the press releases of the last three months to see how the pandemic progressed.

Covid-19 and Stress

These are stressful times. The chaos of the first few weeks of this crisis has subsided as we settle into new routines and the “new normal” of physical distancing, but the stress lingers. In addition to the uncertainty and fear surrounding Covid-19, people are dealing with their own challenges and the stress brought on by things like caring for children at home full-time, or struggling with chronic health conditions, precarious housing or financial pressures – the list is long. Everyone has their own stressors and experiences stress differently. It's important to recognize how stress develops for each of us and have effective strategies for coping with it.

According to the CDC website, some of the ways that the stress of Covid-19 might appear to you include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco or other drugs

Some strategies for coping with the stress of Covid-19:

- **Take breaks from Covid-19 news:** give yourself a break from watching, reading or listening to

news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- **Take care of your body:**
 - Take deep breaths, stretch, or meditate
 - Try to eat healthy, well-balanced meals
 - Exercise regularly
 - Get plenty of sleep
 - Drink plenty of water
 - Limit the use of alcohol, tobacco and other drugs
- **Take time to unwind:** Set aside time each day to do an activity you enjoy.
- **Talk about how you are feeling:** Talk with people you trust about your concerns. Ask for help if you need it.

The CDC website has some good information on recognizing and dealing with the stress brought on by the Covid-19 pandemic, including a mental health self-assessment tool developed by the Canadian Mental Health Association: <https://cmhabc.force.com/MentalHealthCheckIn/s/>

Dr. Bonnie Henry mentioned anxiety yesterday in her press conference, and her concern about ensuring people have resources to respond to anxiety. She listed these two:

1. Anxiety Canada has resources specifically focused on the concerns raised by COVID-19:

<https://www.anxietycanada.com/covid-19/>

- Talking to kids about Covid-19
- Proven strategies for dealing with anxiety
- What to do if you are worried or anxious about Covid-19

2. Bounce Back BC

<https://bouncebackbc.ca>

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

Spectrum employees and caregivers also have access to the Employee Assistance Plan, which includes online resources and access to counselling. For more information, please contact HR.

If you are feeling overwhelmed with emotions like sadness, depression, or anxiety, please reach out to a trusted friend, family member or your health care provider.

Susan Stanfield

Director, Communications and Quality Assurance

Spectrum Society for Community Living

3231 Kingsway, Vancouver BC, V5R 5K3

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

www.spectrumsociety.org

cell: 604-644-1474