

April 6, 2020

Dear Patient:

As you know, the province has declared a state of emergency due to the COVID-19 pandemic. COVID-19 is the term used to describe the respiratory illness caused by the SARS-CoV-2 virus.

Extraordinary measures have taken place in order to slow the spread of the virus in Canada. Residents of Ontario have been asked to stay at home. This can produce new stress and anxiety especially for those who live in close quarters.

We have compiled some resources to help you manage the stress and anxiety of staying at home. Remember this pandemic will not go on forever.

We do not recommend prescription medications that can lead to addiction in order to cope. At this time with limited in-person health care options, we recommend utilizing on-line resources to develop strategies to manage your anxiety and worry. Here are some options:

### **GENERAL MENTAL HEALTH WELLNESS TIPS FOR STAYING AT HOME**

<https://energyresourcing.com/blog/mental-health-wellness-covid-19/>

### **EXCELLENT WEBSITE FROM COLUMBIA UNIVERSITY**

[https://www.allencomm.com/courses/covid19\\_5\\_tips\\_to\\_face\\_your\\_anxiety/index.html](https://www.allencomm.com/courses/covid19_5_tips_to_face_your_anxiety/index.html)

**ANXIETY MANAGEMENT OVERVIEW AND A PHONE APP CALLED MINDSHIFT TO HELP LEARN HOW A TO MANAGE ANXIETY**

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

<https://www.anxietycanada.com/resources/mindshift-cbt/>

**INFORMATION FROM THE CAMH AND A LINK TO A FORUM TO DISCUSS YOUR ANXIETY SYMPTOMS, AMONG OTHER LINKS**

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

**A UK BASED WEBSITE WITH USEFUL TIPS**

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

**MORE TIPS FROM AN AUSTRALIAN BASED WEBSITE (YOU WILL SEE COMMON THEMES EMERGING FROM ALL OF THESE SITES)**

<https://blackdoginstitute.org.au/news/news-detail/2020/03/20/10-tips-for-managing-anxiety-during-covid-19>

**AN AMERICAN (HARVARD) BASED TIP SHEET (YOU WILL SEE COMMON THEMES EMERGING FROM ALL OF THESE SITES)**

[https://www.harvard.edu/sites/default/files/content/coronavirus\\_HUHS\\_managing\\_fears\\_A2%5B5%5D.pdf](https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf)

**A PHONE APP THAT HELPS WITH MINDFULNESS AND MEDITATION**

<https://www.headspace.com>

Regards, Dr. Jason Brunetta