

Build Psychological Health in the wake of COVID-19



Albertans are strong & resilient – this has been proven many times over the years. We are currently faced with "an invisible enemy" like most of us have never experienced which can be frightening & anxiety provoking. It is normal to experience strong emotions in times of uncertainty like this. However, remaining in a "heightened state" leaves us with a great deal of "energy" (stress hormone) which, if not relieved, can be converted to worry or unhealthy behaviors.

The Psychologist' Association of Alberta is here to help Albertans experiencing distress due to the COVID -19 Pandemic. Psychologists are experts in stress & anxiety management & we encourage all Albertans to take a deep breath & follow these simple steps to ease your mind, promote your psychological health, & channel your "energy" into more adaptive & beneficial reactions:

- **Maintain Perspective.** The virus isn't under our control but many things are -- focus on those.
- **Be Prepared.** Follow the advice of Alberta Health, be prepared, & be realistic.
- **Informed, not Overloaded.** Stay updated only through trustworthy sources & only daily.
- **Create a new Normal.** Maintain or develop structure & routines to create a sense of security.
- **Relax.** Practice anxiety management -- mindfulness, meditation, prayer, relaxation, etc.
- **Physical Activity** helps reduce anxiety & encourages a sense of well-being & control.
- **Uncover the Positives.** Use this time to reconnect with yourself, friends, & family in new ways.
- **Learn Something New.** Read, practice music, dance, & art engage our creative selves.
- **Lend a Hand.** Help out others in your life & remind them that we will get through this together

The idea is to focus on that which you can control & change. We must all practice social distancing, & perhaps self-isolation, but we get to decide how we spend that time & what we choose to dwell on. Still struggling? Professional help is available.

Psychologist are using Telepsychology to help Albertans

Psychologists are still practicing today – many now via telepsychology. If you need services or assistance managing your psychological need during these challenging times, use [PAA's Referral Service](#) to find a psychologist or call us at 780.424.0294 or 1.888.424.0297 & we can provide the names of psychologists in your area. Contact us – we are here to help.