

COVID-19 AND YOU

A Mental Health and Wellness
Workbook through the COVID-19
Pandemic

PORT CITY
COUNSELLING SERVICES INC.



Port City Counselling Inc., 2021
Saint John, New Brunswick, CA
portcitycounselling.ca

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DISCLAIMER

The material presented in this workbook is for general information purposes only - it is not intended to provide personalized therapeutic or medical advice. For this reason, it is left to the discretion and judgment of each reader to determine what is relevant for them. This workbook does not 'diagnose' a medical condition, rather it speaks generally about mental health and offers some positive ways that could help an individual to cope in a stressful situation.

ANXIETY/DEPRESSION LOGS AND DAILY REFLECTION

In times of uncertainty, it's important to keep track of your day-to-day emotions and behaviours to see if there are any changes. Often times when we experience a deterioration in mental health it's a slow and steady change, making it difficult to recognize mental illness in ourselves.

The anxiety and depression logs encourage you to reflect on your feelings throughout the week. After a couple weeks of logging, you may notice a consistent pattern or perhaps even a change. The daily reflection helps you recognize where you're at for the day. You may also notice patterns or changes after a couple days of keeping up with it.

The Anxiety Log

After a week, look to see how many boxes you checked off. Is this different from your normal? Is it feeling overwhelming? Or are you just not sure what to think? It can be helpful to print off the log and bring it to a doctor and/or therapist to problem solve.

The Depression Log

Have you noticed any emotional or behavioural patterns after a week of logging? Have any of these changes become overwhelming, or just aren't your normal? Just like the anxiety log, we encourage you to bring your findings to a doctor or therapist to see if you need to address it.

If you're experiencing thoughts of harm to yourself or others and/or have active suicidal thoughts, it's important to seek medical help immediately by calling your local emergency service/911.

New Brunswick also has a mobile crisis service called **Mobile Mental Health**. You can call them any time between 11a.m-11p.m: **1-888-811-3664**.

WEEKLY ANXIETY LOG

M T W T H F S S U

Felt nervous, afraid, and/or "off"
sometimes for no apparent reason

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Felt moody, irritable, and/or easily
annoyed

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Feeling of "impending doom"

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Experienced thoughts of self doubt
and/or negativity

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Had dizziness, trembling, and/or
shortness of breath

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Experienced a panic or anxiety attack

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Lacked appetite and/or overwhelmed
thinking about preparing food

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Felt afraid you would do or say the
wrong thing

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Had difficulty sleeping and/or
concentrating

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEKLY DEPRESSION LOG

M T W T H F S S U

Difficulty sleeping or sleeping too much

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Felt moody, irritable, and/or easily annoyed

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Prolonged feelings of sadness and/or hopelessness

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Cried, tearful, or feeling "sensitive"

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Low self-esteem, feeling burdensome

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Thought or feelings of suicidal ideation

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Withdrawal from activities and/or socializing

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Persistent negative thoughts

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Experienced lack of motivation completing tasks

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAILY SELF REFLECTION

How am I feeling today?

Is there any particular reason why I feel this way?

What should I do in reflection of how I feel today?

How will I take care of my body today?

How will I take care of my mind today?

Is there anything I'm worried about today?

Who can I talk to about my worries?

What am I grateful for today?

1

2

3

The intention I set for myself today is:



An intention is the conscious thought of committing to an action for the betterment of yourself.

POSITIVE COPING MECHANISMS

Positive coping mechanisms can help you maintain your mental wellness, even if you aren't feeling a shift in your mental health right now. When we are feeling particularly stressed we often go to coping mechanisms that are familiar to us. These may not always be the best for us. Do you know of a few comforting habits you go to in times of need? Do you think these are healthy for your mind and body?

Identifying Negative Coping Mechanisms

Identifying negative coping mechanisms takes a lot of reflective work. Often times we don't realize we rely on a negative coping mechanism until we're doing it. And that's okay! The first step is recognizing it. Here are some reflective questions to try:

Does this coping mechanism harm my body?

Do I feel better in the long-term after I've used this coping mechanism?

Does this coping mechanism make me feel better for the right reason?

Do I have withdrawals if I don't use this coping mechanism?

Do I use this coping mechanism to "numb"/forget my situation?

Do I feel guilt or shame when I use this coping mechanism?

Positive Coping Mechanisms

After you've identified any negative coping mechanisms, look for a positive one to replace it with. In this section we've compiled a list of self-care hobbies and practices you can try. Don't be afraid to try something new. If it doesn't work, try something else!

ALCOHOL AND YOU



schedule your drinking



Limit the amount you spend on alcohol



Try non-alcoholic alternatives

Did you know?

The most common reason for an increase in drinking since May 2020 is stress, boredom, and lack of regular schedule.

1 in 5 of those who drink alcohol reported an increase in their alcohol intake since the onset of the pandemic.

More than 2 drinks a day for women and 3 drinks a day for men increases their chances for long term health risks.

Source:

Butt, P., Beirness, D., Gliksman, L., Paradis, C., & Stockwell, T. (2011). Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking. Ottawa, Ont.: Canadian Centre on Substance Abuse.

NANOS Research. (2020). COVID-19 and Increased Alcohol Consumption: NANOS Poll Summary Report, Submission 2020-1621. Commissioned by the Canadian Centre on Substance Use and Addiction.

SELF CARE HOBBIES

- Yoga
- Pilates
- Knitting
- Crochet
- Sewing
- Scrapbooking
- Woodworking
- Photo albums
- Origami
- Study a language
- Learn an instrument
- Home DIY
- Drawing
- Painting
- Write a short story
- Craft
- Cook a new recipe
- Baking
- Movie marathon
- Virtual exercise programs
- Bird watching
- Walking/Running
- Gardening
- Board games
- Card games
- Magic tricks
- Start a blog
- Nail art
- Photography
- Colouring
- Fashion designing
- Crossword puzzles
- Journaling

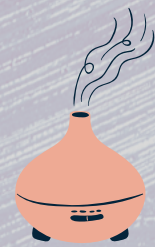
Self Care Practices



Mindfulness meditation



Listening to music



Breathing exercises



Taking a bath



Grounding techniques



Getting a treat



Lighting candles



Calling a loved one



Forest bathing

MINDFULNESS EXERCISE

Try this exercise twice a day (recommended when you wake up and before you go to bed):

1

Find a quiet place. Close your eyes. Adjust your body to what's comfortable. Place one hand over your belly and the other over your chest.

2

When you're ready, slowly take a deep breath through the nose and fill the belly with as much air as you can.

3

Once you've filled your belly, hold this for 3 seconds or as long as you can.

4

Slowly release through the mouth. Feel the belly lower and soften. Feel your body relax.

5

Repeat 3 times or until you feel relaxed.

Reducing Screen Time



Set a timer



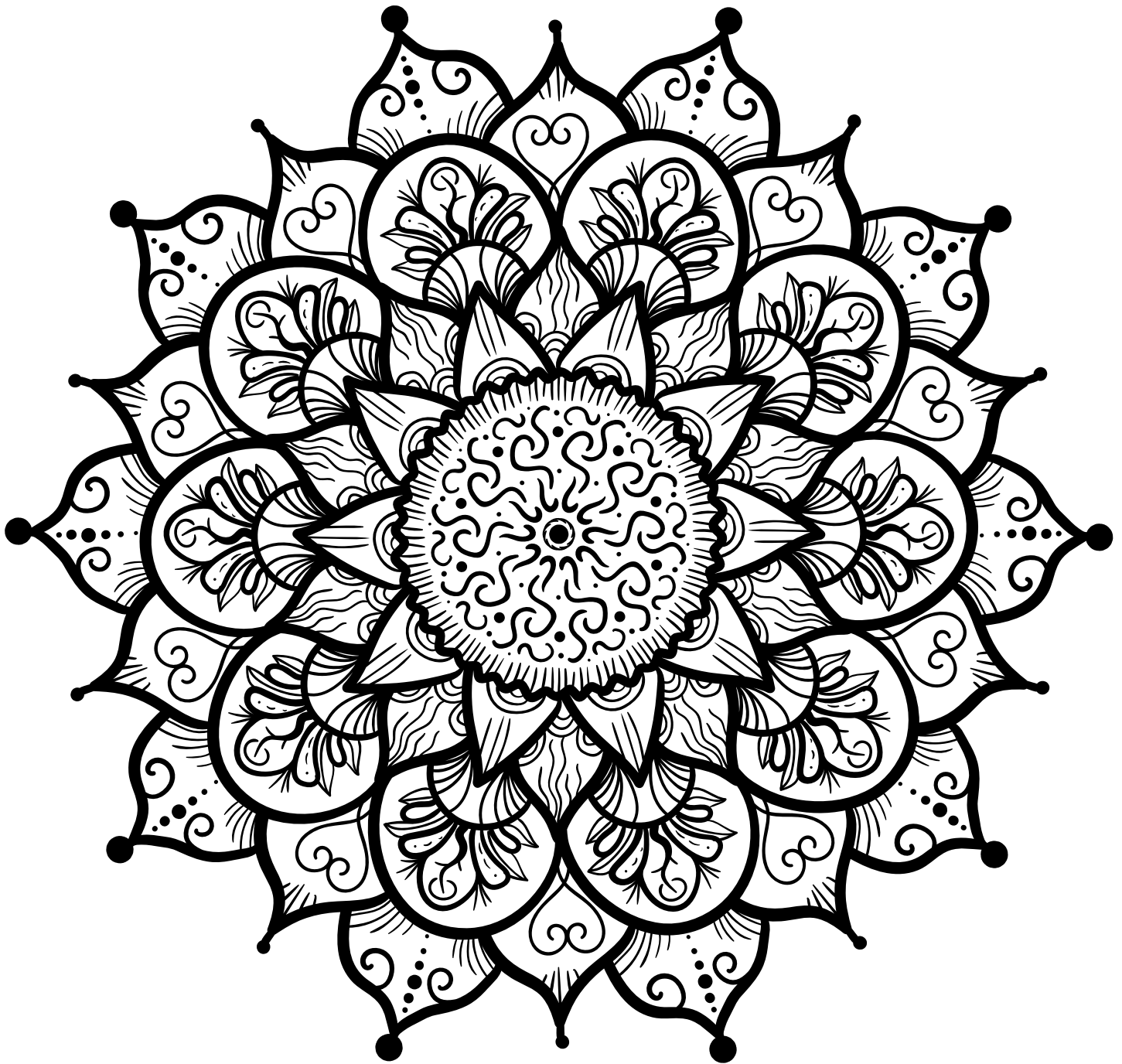
Try a new hobby



Turn off notifications

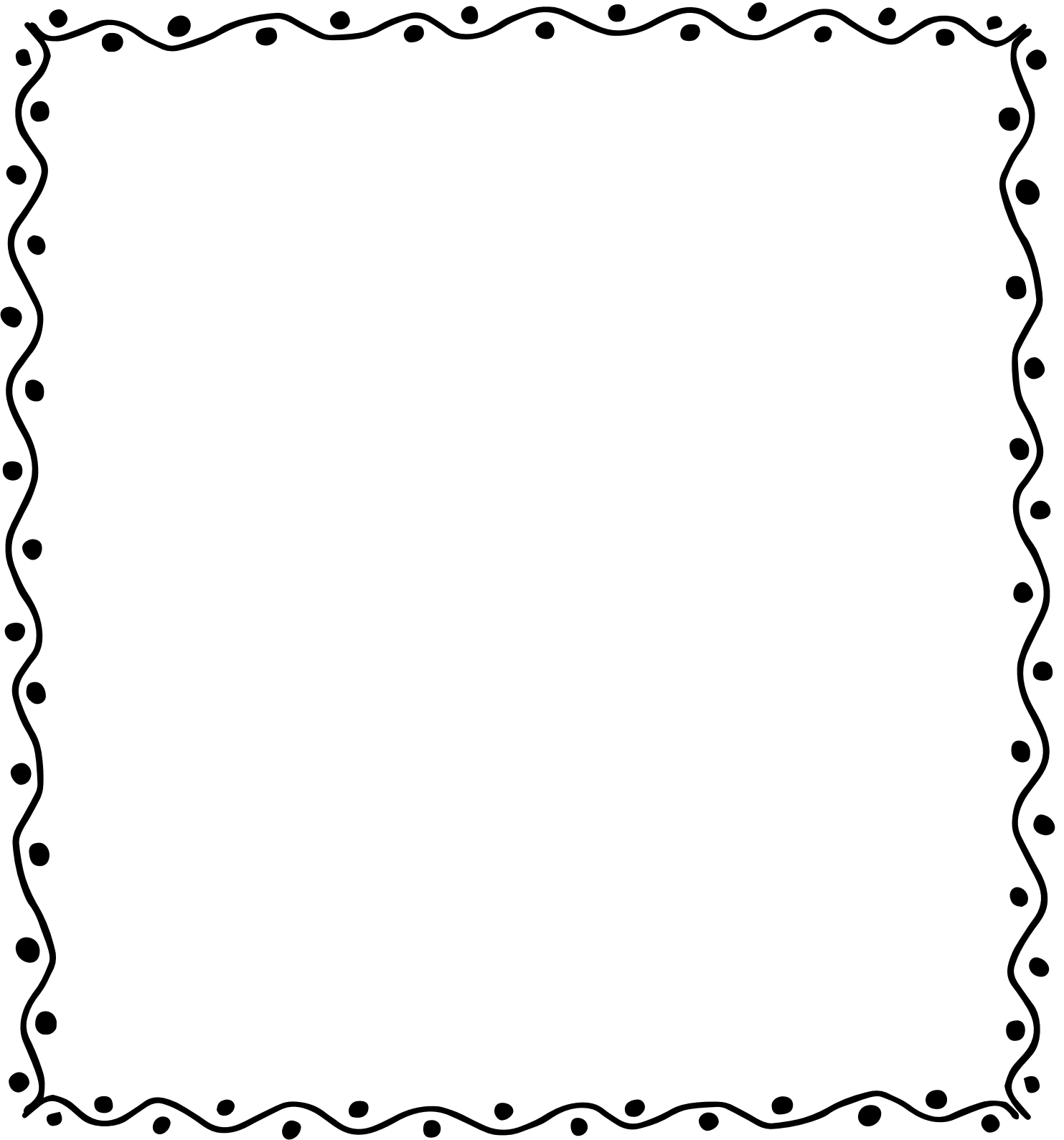
COLOUR IT OUT

Pick the colours you feel the most connected with and get lost in the beauty of your work.



COLOUR IT OUT

What are you feeling right now? Try drawing it.



STRUCTURE YOUR ROUTINE

Situations like the COVID-19 pandemic can have a significant impact on our mental health because of the change in routine and familiarity. We encourage you to create a "visual wall of routine", so you can review your new routine daily. **Take control of your routine again!**

Keep Yourself Socialized

Social isolation and social distancing change the way we interact with others. Try out our organization chart to remind you who you can talk to, how you can socialize with them, and what you usually talk about. **You are not alone!**

Every Day is a New Day

If you feel your days are blurring together, it may help to create a daily routine. Keep it familiar, but interesting. We've created an example routine if you're having trouble thinking of how to get creative.

Activity Tracker

We must keep up with our physical health to keep up with our mental health, and vice versa. **The WHO recommends 150 minutes of exercise a week.** If this is intimidating, start small.

To check out more info on the WHO & physical activity:

https://www.who.int/health-topics/physical-activity#tab=tab_1

Meal Planner

Pick out some recipes and plop them in the meal planner. Planning ahead of time takes some of the stress off of meal planning! If you're having trouble finding recipes, check out our example planner.

KEEP YOURSELF SOCIALIZED

<i>Who can I call?</i>	<i>Contact info</i>	<i>What do we connect well about?</i>

"COMING TOGETHER IS A BEGINNING; KEEPING TOGETHER IS PROGRESS; WORKING TOGETHER IS SUCCESS." - HENRY FORD

EVERY DAY IS A NEW DAY

Early Morning |

Mid Morning |

Lunch |

Early Afternoon |

Late Afternoon |

Evening |

What do you look forward to today?

ACTIVITY TRACKER

<i>Day of the Week</i>	<i>Minutes</i>	<i>How did I feel afterward?</i>
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL:		

How did I feel this week?

WEEKLY MEAL PLANNER



Monday

Breakfast

Lunch

Dinner

Tuesday

Breakfast

Lunch

Dinner

Wednesday

Breakfast

Lunch

Dinner

Thursday

Breakfast

Lunch

Dinner

Friday

Breakfast

Lunch

Dinner

Saturday

Breakfast

Lunch

Dinner

Sunday

Breakfast

Lunch

Dinner

Example

KEEP YOURSELF SOCIALIZED

<i>Who can I call?</i>	<i>Contact info</i>	<i>What do we connect well about?</i>
<i>Mom</i>	<i>Facebook, 999-999-9999</i>	<i>Cooking, day to day talk</i>
<i>Jaclyn</i>	<i>Facetime, 999-999-9997</i>	<i>Mental health, work</i>
<i>Lori</i>	<i>Lori@email.com</i>	<i>Movies, arts and crafts</i>
<i>Grandma</i>	<i>999-999-9992</i>	<i>Kids, Christmas</i>
<i>Travis</i>	<i>Skype</i>	<i>Ranting, opinion sharing</i>

"COMING TOGETHER IS A BEGINNING; KEEPING TOGETHER IS PROGRESS; WORKING TOGETHER IS SUCCESS." - HENRY FORD

Example

ACTIVITY TRACKER

Day of the Week	Minutes	How did I feel afterward?
MONDAY	<i>30 minutes</i>	<i>great!</i>
TUESDAY	<i>60 minutes</i>	<i>a little tired</i>
WEDNESDAY	<i>10 minutes</i>	<i>felt refreshed</i>
THURSDAY	<i>20 minutes</i>	<i>increased energy</i>
FRIDAY	<i>10 minutes</i>	<i>just wasn't feeling it today</i>
SATURDAY	<i>30 minutes</i>	<i>almost couldn't do it!</i>
SUNDAY	<i>day of rest</i>	<i>needed a day of rest</i>
TOTAL:	<i>160 minutes</i>	

How did I feel this week?

Overall I feel more up beat

Example

EVERY DAY IS A NEW DAY

Early Morning | Up at 9am, shower, have breakfast

Mid Morning | Yoga, walk, read a book

Lunch | Virtual lunch date with a friend

Early Afternoon | Start a new project, finish an old one

Late Afternoon | Learn to cook a new recipe for dinner

Evening | Watch a television show, put pajama's on, bedtime 10pm

What do you look forward to today?

Example

WEEKLY MEAL PLANNER



Monday

Breakfast

Smoothie

Lunch

Egg salad sandwich

Dinner

Roast beef and potatoes

Tuesday

Breakfast

Eggs and bacon

Lunch

Dinner leftovers

Dinner

Spaghetti

Wednesday

Breakfast

Avocado toast

Lunch

Tuna salad sandwich

Dinner

Chicken breast and rice

Thursday

Breakfast

Smoothie

Lunch

tomato soup and crackers

Dinner

Salmon and roasted veg

Friday

Breakfast

Yogurt and granola

Lunch

Dinner leftovers

Dinner

Taco salad

Saturday

Breakfast

Eggs benedict

Lunch

Chicken salad wrap

Dinner

Lasagna

Sunday

Breakfast

Hashbrowns and scrambled eggs

Lunch

Pizza

Dinner

Pulled pork and buns