

Keeping a healthy outlook through the COVID-19 crisis

Source: [Manulife](#)

When it feels like bad news is happening every day, it can be very difficult and challenging.

For many, stress and anxiety are accompanied by a sense of losing control.

When the news is bleak, it's important to keep a sense of perspective.

We recommend the following to keep a healthy outlook:

- 1. Compare your troubling thoughts with reality**
Be aware of how your thoughts are matching reality – and the reality of your family and friends. If thoughts about people in the news and the global pandemic are too much – practice limiting your thinking to people you know personally, rather than people you don't know.
- 2. Focus your attention elsewhere**
Find calming activities and things to do that won't bring your thinking back to stressful events. Make a point of having conversations about other topics and consider making coronavirus "off-limits" for a while.
- 3. Don't overwhelm yourself with news**
Try to limit the news you read or watch and make sure you're getting it from legit, science-based sources. You're unlikely to miss anything important, so it's okay not to spend a lot of time reading articles that say the same thing.

It's never easy to deal with bad news and trying times, but it's also important to know that there are always things you can do to limit the stress and worry you may feel.

Remember, it's easy to get swept up in the crisis, but panicking doesn't help. Using the tips above can help you build the calm thinking habits that lead to better decision making.

Contact EFAP for more support

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