COVID-19 & Well-Being

Changes in well-being tend to have ripple effects: if we're sleeping less, we might struggle to concentrate, feel guilty for being less productive, and work instead of seeing friends, which might make us lonely.

WHAT ARE THE NUMBERS?

36%
Depression
vs. 17%
Anxiety
vs. 26%

US graduate students before and during the pandemic

Chirikov, I., Soria, K. M., Horgos, B., & Jones-White, D. (2020). Undergraduate and graduate students' mental health during the COVID-19 pandemic. SERU Consortium, University of California - Berkeley and University of Minnesota.

HOW ARE STUDENTS IMPACTED?

ACADEMICS









LOSS OF OPPORTUNITIES

LOSS OF WORKIN
ENVIRONMENT

TO CHANGE IN RESPONSIBILITIES WORRIES ABOUT PAYING FOR SCHOOL

LIFESTYLE



Changes in routine (e.g., exercise)



Amount & quality of sleep



Limited access to leisure activities

RELATIONSHIPS



Loss of social connection



Challenges to existing relationships



Increase in caretaking responsibilities



Loss of a loved one

CHECK-IN WITH YOURSELF: HOW IS YOUR MENTAL HEALTH?

Our well-being can change depending on our life circumstances. It can be helpful to check in with yourself to determine whether you might be shifting from a place of wellness to an area of concern. The signs and symptoms below are a helpful place to start.

WELLNESS



Ability to feel, express, and manage a range of emotions



Ability to form and maintain good relationships



Ability to cope with and manage changes

STRESS



Changes in concentration



Spending less time with loved



Changes in sleeping habits or energy



Short-term changes in eating or appetite



Feeling overwhelmed at times

MENTAL HEALTH DISORDER



Unable to carry out daily activities (e.g., showering)



Persistently anxious or down most of the day, nearly every day



Difficulty coping with daily problems

CONTINUOUS COPING

CHOOSING THE "RIGHT" LEVEL OF COPING

Choose coping skills flexibly based on your current level of well-being and what is (or is not) working for you in the moment. To maintain and/or improve your well-being you will need to use coping skills in an ongoing and active way.

Mental Wellness → Balanced Lifestyle

Find a sustainable exercise routine

Consult Canada's food guide *
Learn about
sleep hygiene

Continue to foster social connection... even if you have to get creative

Stress → Active Coping

Use opposite action

– if you feel like
avoiding, try
approaching

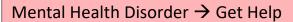
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Choose some coping activities that help you to activate



And choose other coping activities that help you to soothe



Sometimes we need a higher level of support

1) Do you need immediate (crisis) support?

- 2) Do you need more consistent (therapy) support?
- 3) Reach out to the mental health resources that meet your needs

ABOUT US



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Through the Centre for Mental Health Research and Treatment, we aim to provide accessible mental health services and disseminate research knowledge to the community.







