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?

- Depression: 36% vs. 17%
- Anxiety: 43% vs. 26%

US graduate students before and during the pandemic

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 ones
- 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

CHOOISO 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
- Choose some coping activities that help you to *activate*
- And choose other coping activities that help you to *soothe*

Mental Health Disorder → Get Help

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

Sydney Waring, Sarena Daljeet, & Aleece Katan are clinical psychology graduate students at the University of Waterloo.

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