



**ANXIETY, UNCERTAINTY, EXHAUSTION  
& GRIEF: STRATEGIES FOR COPING  
WITH COVID-19**

Dr Theresa Newlove, R Psych  
Director of Workplace Wellness Culture & Experience  
Adjunct Professor, Dept of Psychology, UBC  
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# Follow up Resources

Please feel free to contact Dr Theresa Newlove

[tnewlove@cw.bc.ca](mailto:tnewlove@cw.bc.ca) if you would like more information

Tolerating Uncertainty Seeking Reassurance General tips on anxiety	ANXIETY CANADA <a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a> adult, youth, child friendly material
Everything COVID including information about coping with active COVID-19 in the home setting (under self-isolation)	BC Center for Disease Control <a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19">http://www.bccdc.ca/health-info/diseases-conditions/covid-19</a>
Article Living with Uncertainty During Covid-19	<a href="https://www.psychologytoday.com/ca/blog/the-runaway-mind/202003/living-uncertainty-during-covid-19">https://www.psychologytoday.com/ca/blog/the-runaway-mind/202003/living-uncertainty-during-covid-19</a>
Article: Living with Worry and Anxiety amidst global uncertainty	<a href="https://afccontario.ca/wp-content/uploads/2020/03/Guide-To-Living-With-Worry-And-Anxiety-Amidst-Global-Uncertainty.pdf">https://afccontario.ca/wp-content/uploads/2020/03/Guide-To-Living-With-Worry-And-Anxiety-Amidst-Global-Uncertainty.pdf</a>
Anticipatory Grief	<a href="https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak">https://www.healthline.com/health/mental-health/how-anticipatory-grief-may-show-up-during-the-covid-19-outbreak</a>
COVID-19 and the Grief Process	<a href="https://www.psychologytoday.com/ca/blog/love-and-sex-in-the-digital-age/202003/covid-19-and-the-grief-process">https://www.psychologytoday.com/ca/blog/love-and-sex-in-the-digital-age/202003/covid-19-and-the-grief-process</a>
How to choose your information Mental Health Commission of Canada	<a href="https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says">https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says</a>
Talking to Children about COVID-19	<a href="http://www.bcchildrens.ca/about/news-stories/stories/talking-to-children-about-covid-19-2">http://www.bcchildrens.ca/about/news-stories/stories/talking-to-children-about-covid-19-2</a>
Mindfulness	<a href="http://www.phsa.ca/health-promotion-site/Documents/Mindfulness-Resources-at-PHSA.pdf">http://www.phsa.ca/health-promotion-site/Documents/Mindfulness-Resources-at-PHSA.pdf</a>

Recall: Limit the amount of information you need to access that will inform your practice as a healthcare provider and your behaviours as a responsible citizen. All of the 'extra information' will likely all to exhaustion, stress, and anxiety.

