

# COVID-19 UPDATE # 5

April 23, 2020



For the last 6 weeks, we have been keeping our distance from each other to make sure we don't spread COVID-19. It has been an effort. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

The outbreak of coronavirus (COVID-19) has been stressful. **It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation.** Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during a disease outbreak will help you think clearly and protect yourself and your family. Self-care during a stressful situation will help your long-term healing.

### Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from this situation. If you experience stress reactions in response to the COVID-19 outbreak for several days in a row and are unable to carry out normal responsibilities because of them, **contact Free Mental Wellness Support: Nataschaa Chatterton, Trauma Counsellor - 867-335-4460 or Jody Studney, Counselor – 867-334-4402**

If you have a pre-existing mental health condition, you should continue with your treatment plan and monitor for any new symptoms.

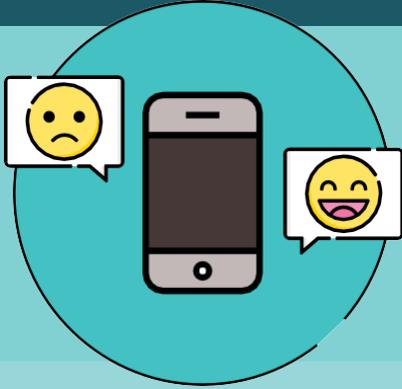
**For more information about how to take care of your emotional health during this stressful time, check out these sources:**

- [Government of Yukon](#) – Find COVID-19 counselling and crisis support
- [Government of Canada](#) – Indigenous mental health and substance use.
- [Hope for Wellness](#) - The Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada. They can also be reached at [1-855-242-3310](tel:1-855-242-3310).
- [Living with worry and anxiety amidst global uncertainty](#) – Psychology Tools
- [Canadian Mental Health Association of Yukon](#) – The Canadian Mental Health Association provides recovery-focused programs and services for people of all ages and their families.
- [Calm](#) - Calm is an award-winning app for Sleep, Meditation and Relaxation. During the COVID-19 pandemic, they are offering a range of free resources.
- [Wellness Together Canada](#): Mental Health and Substance Use Support.
  - For kids: [Kids Help Phone](#).
  - For Adults: [Mental Health & Addictions Resources](#)

Through this pandemic, people are being creative in communicating. They have made funny videos; they have met through video conferencing; they have waved through windows. We are amazing and resilient people! What can you do to make someone, and you smile?

Kluane First Nation government continues to work diligently to keep our Citizens and community members safe and healthy.

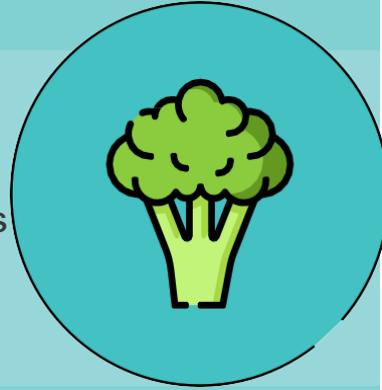
# Coping with stress during the COVID-19 outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

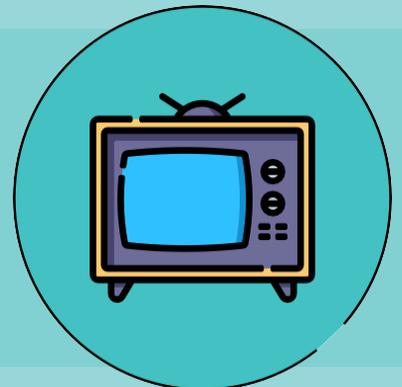
While staying at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as KFN, Yukon & Canada governments websites.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that upset you.

Draw on skills you have used in the past that have helped you to manage past difficulties and use those skills to help you manage your emotions during the challenging time of this outbreak.

