

Mental Health Literacy Social Media Bundles

UNDERSTANDING ANXIETY DURING UNCERTAIN TIMES

We all feel anxious, fearful or worried from time to time

These are normal, human responses to change. Feeling anxious isn't a bad thing. Anxiety is our body and our brain sending us messages to help us stay safe and be prepared. Throughout time, our anxiety has kept us safe.

During uncertain times like these, our anxiety can be difficult to manage. We might be having trouble focusing or be fixating on the pandemic too much. We might find ourselves feeling panicked or scared more often than usual. It's normal for our anxiety to flare up during times like these.





School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Find out
more at jack.org/covid

TIPS AND TOOLS FOR MANAGING ANXIETY

What matters most in these uncertain times is finding ways to care for ourselves and our peers. Finding strategies that help us manage our anxiety is a great first step.

We are thrilled to introduce these tips and tools for you to try. We're all different and it can take time to find something that works well for you. Test out a few of these strategies and find out which activities you like best.

WHAT IS ANXIETY?

Anxiety is our brains and bodies reacting to what we perceive as a threat or danger.

Anxiety can be helpful. It can help us stay safe or motivate us for something like a class presentation by encouraging us to practice and prepare.

Some anxiety is a good thing if we can manage it and our reaction to it disappears once the threat or danger is no longer present (helpful anxiety!). Sometimes, our anxiety isn't so helpful and can cause our brains and bodies to overreact to the threats or danger we sense (unhelpful anxiety).

HOW IS ANXIETY DIFFERENT FROM STRESS?

Stress is external pressure. It is usually about the outside world putting pressure on us. Anxiety is internal. It is feelings of fear and worry that impact our thoughts, emotions and actions.

Justine has a part-time job. When it gets really busy, she feels swamped. This is stress.

Now Justine is stuck at home and can't stop thinking about the pandemic and is worried about going back to work. She feels anxious about her next shift. This is anxiety.

Both stress and anxiety are part of being human, and they aren't necessarily a bad thing. We can all learn to manage our stress and anxiety.



WHAT'S THE DIFFERENCE BETWEEN ANXIETY AND AN ANXIETY DISORDER?

Anxiety is something everyone experiences, and just like (almost) everything in our lives, we experience it on a spectrum. Some people experience more anxiety, some people experience less of it.

The difference between anxiety and an anxiety disorder is that an anxiety disorder is when anxiety has an ongoing and significant impact on your everyday life.

For example, someone with an anxiety disorder may have their anxiety 'flare-up' unexpectedly, for no obvious reason. Their anxiety response to some situations might be a lot stronger than it would be for others, or they might find their anxiety feels impossible to control or manage.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Find out
more at jack.org/covid



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario