

COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

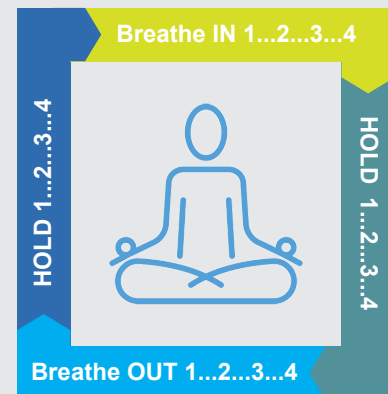
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

If you're feeling stressed or anxious, you may be experiencing:

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

Try Square Breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

- 🌸 **Stay active and keep yourself busy** with activities you enjoy.
- 🌸 **Stay connected** with friends and family while still practicing social distancing.
- 🌸 **Find balance** by staying informed, but know when to take a break from COVID-19 news and topics.
- 🌸 **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
- 🌸 **Take care of your body** by eating, sleeping well, exercising, and meditating.
- 🌸 **Reach out for help!** Talk to a family member, friend, or seek professional support if needed.

If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Avoid stockpiling alcohol, cannabis, and other substances.
- 3 Follow the Low-Risk Alcohol Drinking Guidelines (Canada)
- 4 Follow the Low Risk Cannabis Use Guidelines (Canada)
- 5 If you feel your use is becoming a problem, call Behavioral Health and Recovery Services (800) 686-0101 | www.smchealth.org/bhrs/aod/recovery
For opioid use, ask about medication assisted treatment at (650) 573-2735 | www.smchealth.org/imat

For more information, visit: www.smchealth.org/bhrsservices



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Courtesy of Mental Health Commission of Canada
and Canadian Centre on Substance Use and Addiction