

Frontline staff at Retailers

Resources for your mental wellness

The effort to address COVID-19 is extremely important for us all. It poses a range of challenges to Canadians as we adapt during these uncertain times. Canadians owe a collective debt to those working at grocery retailers and pharmacies. You are performing an essential service by keeping our country fed and with the medications we need. It is normal to be anxious and worried during these stressful times; we're here to help.

My family is worried I'm going to bring COVID-19 home

Take whatever precautions you have available to keep yourself physically healthy and explain those to your family. It's important to recognize that everyone responds differently to the effects of a pandemic. If you have a family member or friend who is worried or scared, try to listen to and empathize with them. Some people may want to vent their fears or anger at the situation, while others may want to problem solve.

With the person's permission, share the facts in a simple and straightforward way and ask how you can help. Stick to the facts and offer them resources if they are open to it. Always keep the lines of communication open. Having honest conversations with your boss and sharing your experiences with your colleagues might help ease some of your worries, too.



Coping with Stress and Anxiety

The COVID-19 pandemic can cause stress and anxiety because it is disrupting normal life for many people all at once. While it is important to be informed and to take action to limit the spread of infection, the amount of information and attention on this topic can increase stress and anxiety. You should take time to find outlets that help you manage stress, like being creative, physical exercise, and mindfulness, in whatever ways make you feel best.

[Click here for strategies](#) to maintain your mental wellness during the COVID-19 pandemic.



Challenging Worries and Anxious Thoughts

Going to work likely feels more stressful than it did before the pandemic. High levels of anxiety and stress are usually fuelled by the way we think. CAMH has prepared some ways to work through these thoughts.

[Click here for some suggestions](#) on dealing with challenging worries and anxious thoughts.



Dealing with problems in a structured way

It is normal to feel overwhelmed. In addition to working, you might also be juggling care for children or other family members. It can be useful to identify which things are actually problems that need to be solved or addressed and which are just worries that are not necessarily grounded in reality.

[Here are some steps](#) you can take if you are feeling overwhelmed.