

Stress, Interpersonal Violence and COVID-19

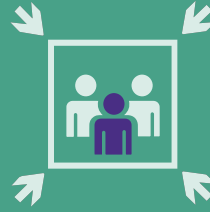
COVID-19 has changed many aspects of our lives, including our mental health. 1 in 4 Canadians report improved mental health but:



4 out of 10 Canadians say they regularly feel stress since the beginning of the COVID-19 pandemic¹



3 out of 4 Canadians are experiencing financial stress due to COVID-19²



1 out of 3 Canadians are concerned about family stress from confinement³



1 in 10

1 in 10 women are concerned about violence in their homes⁴

Pandemic-related stress may have an even greater impact on people who are already coping with trauma such as intimate partner violence, sexual violence or child maltreatment. Even without a pandemic:

2x

Women who experience intimate partner violence are twice as likely to experience depression⁵



1 in 6 sexual assault victims experience symptoms of post traumatic stress disorder⁶



1 in 6 children who experience maltreatment cope with depression/anxiety/withdrawal.⁷

We invite you to consider these strategies if you are experiencing the impacts of violence and pandemic-related stress:



Recognize where and when you have the power to choose: Consider choices you can make in your daily routines, self-care activities (bath, shower), and the media coverage you expose yourself to.



Try to maintain a healthy diet and get enough sleep: Eat balanced meals regularly. Herbal teas can help promote feelings of warmth and calmness.



Build-in activities to help you stay in the present: Stay grounded with mindfulness exercises such as yoga.



Do something you enjoy every day: Think about what you like to do and make time for these activities (e.g. cooking, reading, gardening, listening to a podcast, reading to your children).



Stay active to help reduce stress: Move often, stretch, dance, go for walks or jog.



Know where to find support in the community: Remember that services such as sexual assault centres, shelters, crisis lines, and hospital emergency rooms are still providing supports even if they are doing it in different ways.



Connect with others for a sense of community: Find ways to connect regularly and from a physical distance with those who are important to you through texting, emails, phone calls or video chat.



Try to maintain a daily routine: Do tasks that have a clearly defined beginning, middle, and end.

[Click here](#) for a list of references

If you have ideas about helpful coping strategies, please share:

