

Self-Mental Health Care

Things to remember when trying to understand an outbreak or health concern

- ◆ It is normal to worry about yourself and your family's safety.
- ◆ Everyone is at risk during an outbreak.
- ◆ Grief and anger are normal reactions.
- ◆ Focusing on your strengths will help you cope.
- ◆ Everyone has different needs and different ways of coping.

Common reactions that may occur during an outbreak or health concern

- ◆ Difficulty talking, sleeping, walking and concentrating.
- ◆ Increased irritability.
- ◆ Depression, sadness, mood swings, and crying easily.
- ◆ Feeling of helplessness.
- ◆ Concerns about those who depend on you for care.
- ◆ Worries about loss of income and job protection, especially if asked to stay at home for an extended period of time.
- ◆ Fears of separation from life activities.
- ◆ Feeling a lack of control, especially when control is entirely in the hands of others.
- ◆ Increased boredom.



Take action

- ◆ Learn as much as you can about the H1N1 virus and be aware of the normal reactions during an outbreak.
- ◆ Keep to your usual routine as much as possible.
- ◆ Have activities on-hand that can prevent boredom (games, toys, etc.) and keep your mind active.
- ◆ Get plenty of sleep, try to exercise, eat healthy foods and relax.
- ◆ Establish a family emergency plan that includes important phone numbers and where to meet if you become separated.



Pay special attention to children

- ◆ Let children know it is okay to feel upset when something scary happens.
- ◆ Enjoy your child and take part in activities together.
- ◆ Encourage children to express feelings without making judgment.
- ◆ Turn off the television and radio, especially if the news makes you worried. If you are worried, children can sense it.