

Notes to Self:

Navigating Anxiety and Uncertainty during COVID-19



We understand how difficult it is to navigate a brain tumour diagnosis, especially during a global pandemic. We also recognize that professional help is not always available or accessible when it is needed.

We invite you to try some of the suggestions below to address heightened emotions during difficult moments. Remember: these tips are not a 'quick fix' and will take some practice in order to benefit you.

pause.

When it feels like everything is crashing around you, just pause. Be conscious of your surroundings and identify what you need in this moment.

notice.

Notice your thoughts, but don't judge them; if they aren't helpful to your wellbeing, let them pass by. Speak to yourself like you would speak to a friend. Be kind to your mind.

feel.

Feel your feeling! It may be uncomfortable, but we must experience our emotions in order to process them. Say it out loud if that feels right for you!

connect.

Connect with friends, family, pets, nature; the choice is yours! Talk it out, or enjoy some silence, but try your best to take a few moments and make a connection.

move.

A change of scenery can make a huge difference in helping us gain a new perspective. Get outside, go for a drive, or try moving your body in a way that feels good!

These tips are not meant to replace the expertise of a trained mental health professional. We encourage you to discuss your ongoing mental health needs with your healthcare team.

Here's a Tip! Back to the Basics:

When all else seems to fail, simplify! Try your best to plan your day around meeting your basic needs. Focusing on food and drink, movement and rest, and personal hygiene can help you to tackle those difficult thoughts and emotions more effectively.

