



# UPDATE - WELLNESS SERVICES AT YUUSTWAY HEALTH & WELLNESS OFFICE

March 17, 2020

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In line with Squamish Nation's Emergency Response to COVID-19, all wellness services provided by Community Health & Wellness are on hold until further notice.

This includes:

- Biomat sessions
- Mahara Allbrett and Wayne Mah's energy/healing sessions
- Acupuncture sessions

Counselling (concurrent, mental health & addiction) and support work provided by Heather Andrew, Shannon Eberts, Eileen Guss and Shayna Sander (Squamish Valley) will be offered on the phone, skype, and FaceTime. Exceptions will be considered if there is crisis in the community.

If you are experiencing personal crisis, we recommend that you call Kuu-Us Crisis Line. Kuu-Us provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in British Columbia.

KUU-US Crisis Line Society 1-800-588-8717

- 24 Hour Crisis Phone Service
- Risk Assessments
- Safety Monitoring

Sincerely,

Charmaine Thomas

Manager, Community Health & Wellness



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## Managing Anxiety & Stress related to COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others.

Sharing accurate facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.

For parents:

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors in teens
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs



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There are many things you can do to support your child, these can include:

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.
- Connect with your friends and family members.

## Anxiety Phone Apps

- Headspace
- Sleep Time
- Relax & Rest Guided Meditations
- Calm
- Stop, Breathe, and Think
- Colorfy
- Dare
- Nature Sounds Relax and Sleep
- Rootd
- Acupressure
- Stop Panic & Anxiety Self-Help