

Tools to help when coping with stress and uncertainty

Patient and Family Counsellor's support people with cancer and their family members during times of distress. To speak with a counsellor at Victoria Centre call 250-519-5525 or toll-free 1-800-670-3322 ext.

During this time of COVID-19, some people may have an "Acute Stress Response". The Acute Stress Response is a physical response to a perceived threat. This is normal. You may feel the following effects and you will want to know what you can do.

Are you experiencing ...?



What can you do?

Grounding Practices

Grounding practices are helpful to settle the nervous system down when the Acute Stress Response is activated. Grounding practices are used to bring you right back into the present moment and re-set the body to a calmer state of being. Below are three "Grounding Practices" that you can do anytime you notice the Acute Stress Response is activated.

