

### **Dear Counselling Corner:**

I had really hoped that this fall would be different from last year. But with Covid numbers still high it does not feel that way. I know that I need to accept this, but I am feeling anxious and uncertain, and this is a feeling that I really am wanting to shake before the Christmas season is upon us. Do you have any suggestions for dealing with my stress so that I can feel festive and present for my children? Thank you!

### **Very Anxious Mom**

#### **Dear Mom:**

We had all hoped that things would be back to normal by now and many people are frustrated and getting tired of this new temporary normal. So what can we do to stay positive, lower our stress and get into the holiday spirit? I found a great article titled '6 Tips For Coping With COVID Anxiety This Fall And Winter' written by April Fulton which you can find at:

<https://www.npr.org/sections/health-shots/2021/09/04/1033672045/6-tips-for-coping-with-covid-anxiety-this-fall-and-winter>

This article lists strategies about how to reduce our stress and anxiety including:

- Centering ourselves by paying attention to the present moment and reframing how we view anxiety. Check out: [Feeling Anxious? Here's a Quick Tool To Center Your Soul](#)
- Take care of your mental health. This article walks through the process of doing just that. [You Don't Have To Be An Olympian To Prioritize Your Mental Health](#)
- Learn to breathe and discover calm. See: <https://www.uofmhealth.org/health-library/uz2255>
- Meditate! This can be a great way to develop a sense of calm, peace and happiness. See: <https://www.apa.org/topics/mindfulness/meditation>
- Forest Bathing. I cannot speak highly enough of this intervention. I have to be honest that I never really did this before Covid, and now I do it regularly and have experienced huge benefits from it. See: <https://time.com/5259602/japanese-forest-bathing/> AND <https://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood>

Take care and best of luck!

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*We are all in this together, and together we can get through all of this.*