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## FACTSHEET

August 21, 2009

Ministry of Healthy Living and Sport  
Ministry of Health Services

### **HELPING ADULTS COPE WITH H1N1-RELATED STRESS**

The Province's Disaster Psychosocial Project notes that a flu pandemic can be a stressful event for many people. During a pandemic, you may worry about your own health and the health of those you care about. Worry, fear, anxiety and concern about the future are common and normal reactions in this kind of situation. It's important to remember that anxiety is natural under such circumstances.

When you go through a stressful event, it is normal to experience some of the following:

- Change in sleep and appetite
- Forgetfulness
- Less interest in daily activities
- Increased irritability and impatience

Good habits for maintaining your physical and mental health include:

- Getting plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

Simple stress reduction techniques include:

- Taking time out
- Slow measured breathing
- Relaxation techniques are all helpful.

If you are pregnant or at high-risk, be sure to talk with your doctor prior to the fall to see how you can best protect yourself. You also may wish to find a "flu buddy" to assist you in accessing medication if you become ill and are unable to travel.

You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit [www.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1).

