

# 5 ways to support a loved one during COVID-19

The COVID-19 pandemic has changed our lives in many ways. We find ourselves focused on the news, concerned for loved ones and adapting to changes in our home, work and social routines.

While it may be easier for some people to adapt to the “new normal” of isolation and social distancing, many others are feeling overwhelmed with emotions like sadness, depression and anxiety. If you are concerned about someone close to you, the following tips will help you support your loved one during this difficult time:

1. Treat your loved one with respect and dignity. Listen nonjudgmentally and respect their privacy and confidentiality. Offer consistent emotional support and understanding. In difficult times, we all need additional love and understanding. Remember to be empathetic, compassionate and patient.
2. Have realistic expectations and accept the person as they are. Tough times can make it harder than usual to do everyday activities like cleaning the house, paying bills or feeding the dog.
3. Provide practical help. Your support can have a huge impact. Offer to help with overwhelming tasks but be careful not to take over or encourage dependency. For example, offer to bring groceries over, mow the lawn or take a pet for a walk.
4. Encourage them to take care of their physical health by getting enough rest, staying hydrated, avoiding excessive amounts of caffeine or alcohol, and eating healthy foods when possible.
5. Give reassurance and information. Reassure them that it is appropriate to experience fear, sadness or anxiety during situations like this. Remind them that there is hope, help is available, and with time and treatment they can feel better. Visit your program website for helpful COVID-19 information and resources.

Help is available. Your program is completely confidential and here to help you and your household members 24/7/365 by calling **1-844-DON-CEAP** (1-844-366-2327). No situation is too big or too small. Give us a call or visit your program website to get started.

Kapil, R. (2020, March 20). How to Support a Loved One Going Through a Tough Time During COVID-19. Retrieved March 30, 2020, from <https://www.mentalhealthfirstaid.org/2020/03/how-to-support-a-loved-one-going-through-a-tough-time-during-covid-19>

The DONCEAP  
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