


A Guide to Coping with COVID-19: Findings from the COVID-19 and Wellbeing During Pregnancy Study


Helpful Coping Strategies



Emotion- Focused Coping

Cope with negative
emotions & thoughts

- ✓ **Reach out to others for emotional support**
- ✓ **Positive reframe** (looking for something good in what's happening)
- ✓ **Acceptance** (learning to live with the new normal)
- ✓ **Humour** (trying to make light of the situation)
- ✓ **Religion** (relying on faith, prayer, spiritual beliefs, meditation)








Problem- Focused Coping

Cope by actively
addressing the stressor

- ✓ **Active Coping** (focusing on what you can do, even small things, to change the situation)
- ✓ **Planning** (coming up with a strategy, making lists of steps to take)
- ✓ **Seeking Support** (asking others for advice or help to address the problem)

Unhelpful Coping Strategies



-  **Self-Blame** (criticizing/blaming yourself)
-  **Denial** (refusing to believe the situation, telling yourself “this isn’t real”)
-  **Disengagement** (giving up trying to deal with the problem or trying to cope)
-  **Self-Distraction** (doing things to stop thinking about the problem (e.g., watching TV, sleeping, daydreaming))*
-  **Substance use**

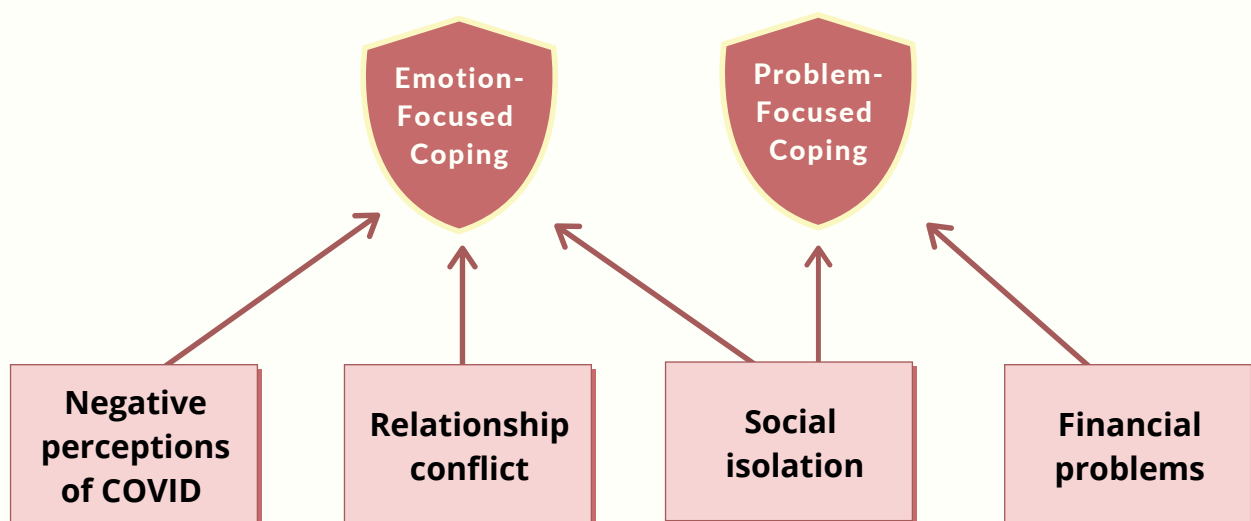
*self-distraction might be helpful in the short-term, but does not effectively address the problem or the associated stress

Which Coping Strategies Are Best?



Emotion-focused coping and **problem-focused coping** are more effective and lead to better mental health outcomes, than dysfunctional coping.

How someone perceives COVID-19 and the types of stressors they are experiencing will determine which coping strategies might be most helpful:



Other Study Findings

Pregnant women are experiencing high rates of **mental health problems**:



57%

reported clinical
levels of depression



30%

reported
elevated anxiety



81%

reported moderate
to high stress

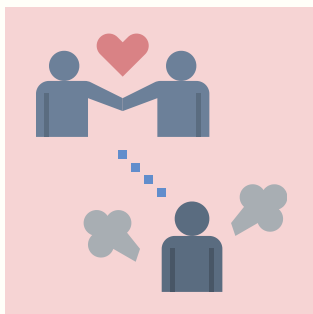
COVID-19 stressors increase risk of **mental health problems**:



Social isolation



Health concerns



Relationship
stress



Financial
difficulties

