

# COVID-19 Reports: Coping Strategies for Pandemic Stress

Researchers examined coping strategies used to deal with stress during the first wave of the COVID-19 pandemic and found...

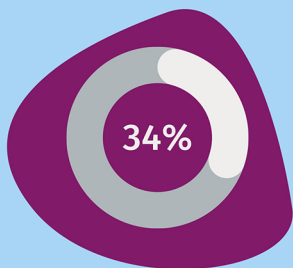
## Distraction

**62%** of participants used distraction-type coping activities like walking, running, watching TV, listening to music, and podcasts.



## Exercise

Exercise was most common distraction-type coping strategy. **39%** of participants used this strategy to reduce stress.



## Seeking Support

**34%** of participants stated that connecting with friends and family was a major way of coping with pandemic stress.



## Changing Mindset

**24%** of participants used activities like meditation and gratitude to deal with stress of the pandemic.

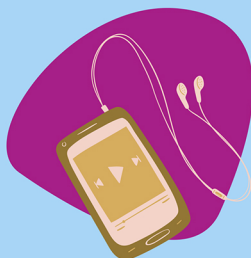
## Children

Higher stress during the first wave of the pandemic was related to having a child/children at home.



## Takeaway

While many different coping skills were used to deal with the stress of the pandemic, most people distracted themselves as a way of coping.



## References and Contact Information

Modanloo, S., Gifford, W., Larocque, C., Egan, M., Wazni, L., Robillard, R. (2022). **Perceived Stress and Employed Occupation-based Coping Strategies during the First Wave of the COVID-19 Pandemic.** (Under Preparation).

 [C19survey@theroyal.ca](mailto:C19survey@theroyal.ca)