Here are some helpful tips for positive coping, using three antidotes to fear and anxiety: creativity, humour, and curiosity.

Activities that draw on our creativity allow our emotions and actions to come together in order to help our emotions move and shift. This can be anything that has a beginning and an end, and allows us to use our senses to create something we enjoy.

Spending time with anything that brings you joy – whether it's through your own activities or enjoying other people's expressions of joy – relaxes our minds and bodies.

Tell a joke, read a funny book, get silly with your family, or watch a comedy. Finding humour and

- Catch the "what-ifs" and worries in your thoughts, and label them. They are just thoughts label them as "anxiety," "fear," or "worry."
- Use reality checking to sort out which thoughts to listen to, and which ones to let go.
- Notice and name it: "anxiety," "fear," "worry."
- Is this true? Even though something is possible, is it probable?
- What parts do I know are true, and what parts of it might not be true?
- What steps can I take? What is in my control?