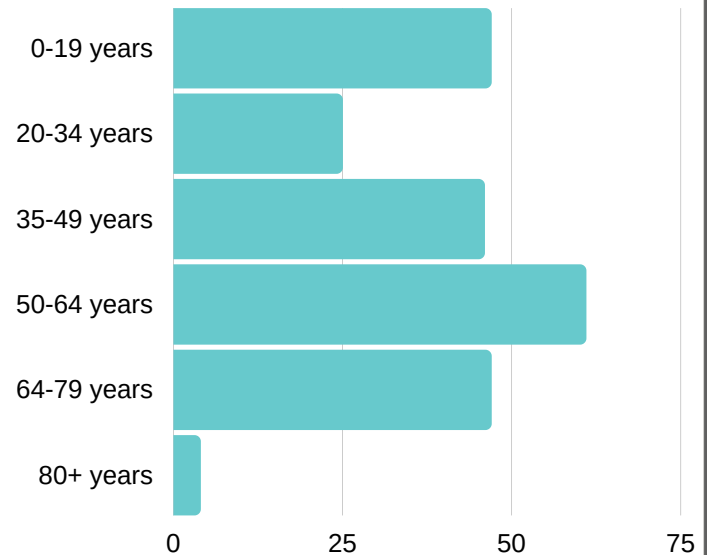


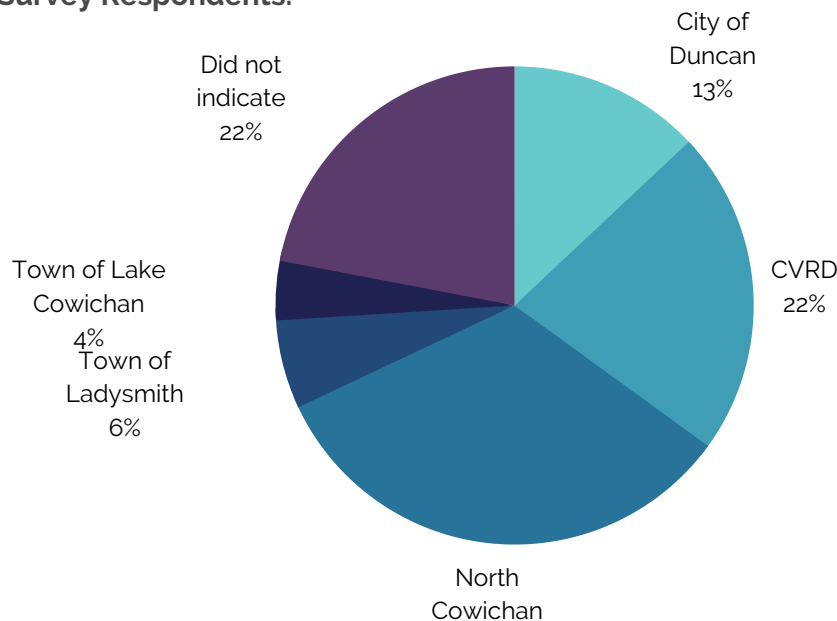


The COVID-19 crisis has tested our resilience as individuals, families and communities. In Phase 1, it has impacted Personal and Family Well Being in a multitude of ways, both positive and negative. Our survey on personal and family well being found that because of the COVID 19 crisis, for some households and families it has been a benefit to reduce overall activity, spend more family time together and appreciate greater simplicity. For others isolation at home has created interpersonal conflict and challenges in the home. For households where COVID has affected family income and created uncertainty about the future, this is causing increased anxiety and stress. Others households worry about the impact that extended social isolation and increased screen time will have on their children.

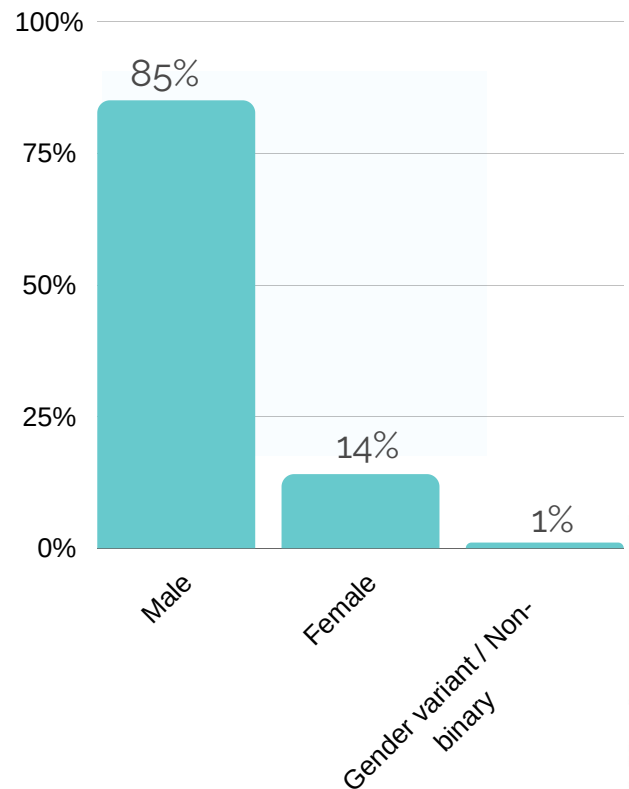
Ages Represented in the Households of Survey Respondants



Household Locations of Survey Respondents:



What is your gender?

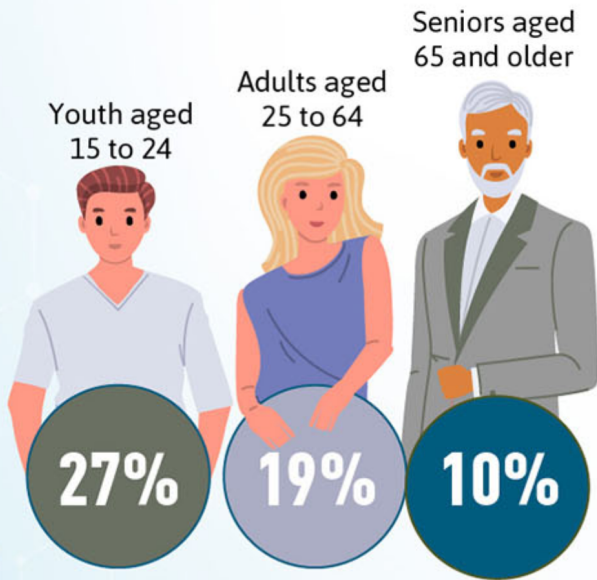


Here is what Canadians reported doing in May.



Source: Stats Canada: Mental Health of Canadians during COVID-19 Pandemic, May 2020

120 ...total number of respondents to Survey #3



Compared with younger Canadians, Canadians aged 65 and older reported lower rates of symptoms of moderate to severe anxiety.

Source: Stats Canada: Mental Health of Canadians during COVID-19 Pandemic, May 2020

What are you doing to address mental health challenges? Most to least:

- Get outdoors
- Hiking and walking
- Yoga and meditation
- Staying connected virtually
- Prayer
- Zoom church and devotional practices
- Creative pursuits
- Volunteering and helping others

While many mental health supports and services have been shut down due to COVID-19, many respondents are accessing online counselling, GP appointments, yoga and AA meetings. For some it is challenging not having home support

Mental Health Impacts

38%

...of survey respondents say that their personal and family mental health is a little or a lot **worse** since the COVID-19 crisis hit.

9%

...of survey respondents say that relationships with those they share living accommodation are a little or a lot **worse** during this time of isolation.

Why is your mental health worse?

- worry and anxiety from loss of social connection
- not seeing aging parents and other family
- not participating in church and community activities
- closing down of support services such as counselling, AA, church
- worry about losing work and income
- more physical pain and lack of access to support

Why are relationships worse?

This has caused increased interpersonal conflicts due to factors such as difficulty dealing with children who feel isolated, teens who want to be with friends and family with mental health challenges.

23%

...of survey respondents say that their personal and family mental health is a little or a lot **better** since the COVID-19 crisis hit.

15%

...of survey respondents say that relationships with those they share living accommodation are a little or a lot **better** during this time of isolation.

Why is your mental health better?

- more time for self care
- reduced anxiety from less stress
- slowing down
- more time for walking
- time for focussing on spiritual and wellness practices
- more time for family

Why are relationships better?

The benefits of more time together with less stress and time constraints are improved communications and greater connection.



31% consuming more **alcohol**

10% consuming more **cannabis**

How do you feel?

Numb Bored
Anxious
Depressed Untroubled
Worried
Happy Normal Pessimistic
Grateful
Optimistic

COVID 19 crisis has pointed to:

- An increased demand to provide safe shelter and support for women and their children fleeing physical violence.
- Increased anxiety and panic as women with post-traumatic stress navigate isolation.
- The Poverty Law Advocate is experiencing increased calls for support as the financial challenges worsen for women - child support payments are interrupted, WCB cases are on hold, and landlord/tenant issues are compounding.

Physical Health Impacts:

45% physical well-being is worse since COVID 19

20% physical well-being is better since COVID 19

Common things said:

No access to pool, gym, fitness classes, yoga, tai chi, dance has resulted in weight gain, increased pain, increased blood sugar and blood pressure. Inability to have massage, chiro, physio is affecting pain levels and resulted in increased depression and anxiety and loss of motivation.

Belonging and Participation

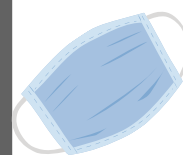
The Cowichan Valley is an active community where artists create, people play sports, gather for rallies and causes and volunteer in many ways. In the beginning of COVID-19, these activities disappeared overnight and people had to adapt and find other ways to stay connected:

- **77%** are staying connected with family and friends
- **69%** have an adequate support network
- **63%** feel that their family is doing well
- **69%** say family members are feeling restless

Impacts of COVID-19 on Well Being of Cowichan Business Owners:

- **26%** either feel exhausted/have no energy/overwhelmed, experience anxiety or depression
- **31%** are either stressed or very stressed
- **13%** have been severely negatively impacted by COVID-19
- **11%** expressed that they or their staff were fearful/worried to resume work
- **29%** identify no impact/minimal impact, feel i or that they "now see the light at the end of the tunnel"

Source: Cowichan COVID-19 Business Survey Results. Published June 16, 2020



[Click here
for raw
survey
data](#)





"Our son is feeling very vulnerable about the pandemic. He is afraid of getting sick (although he is not at risk). He also doesn't want to return to school. He has isolated himself from his friends by choice, but this has also worn him down.. He misses going to the library, recess and socializing at school."

"I am very worried about aging and medically frail parents that we are used to seeing often in a week. Both sides including parents and in-laws have had significant health challenges during this time. Missing time with a new grandchild when facetime does not fulfil holding her. Missing time with friends, family and children when we are used to being together weekly"

"Stressed about bills, landlord has become abusive."

What have been your biggest concerns during this time of the COVID-19 crisis?

"Initially - additional stress, anxiety (work, income, health, loved ones). Settled now, drawing on resources and spiritual and wellness practices to support."

"I have a severe back condition and use the pool 6 times a week for aerobic exercise and swimming as well as Tai Chi twice a week. Without these outlets my body is seizing up because I cannot walk more than 110 metres without pain."

"An enormous part of our continued well being has been our trust in our local health care system, and in the B.C. government's response. We know we are in good hands, and that sensible, science based decisions are being made to keep us all safe. We see that our neighbours near and far are pitching in and doing their best to contribute to everyone's safety. I can only imagine the emotional and mental toll of living in a part of the world where this doesn't happen."

"It's reassuring that there's an increased awareness of those people in our community who are the most vulnerable, especially elderly in care homes, people dealing with mental or physical challenges, the homeless community."

Are there any positive experiences or opportunities you have seen take place during this time of the COVID-19 crisis?

"We try to find ways to be grateful and stay healthy."

"I have had time to slow down and reflect."

"I love that now that people are less busy, they have time to put energy into relationships."

"I'm less stressed from working in the office, getting more sleep, because able to sleep longer because no commute."

Questions for the future...

- What is the longer term impact of disconnection and isolation?
- How can we ensure support for those most vulnerable in our community?
- How can we bring awareness to impacts on domestic violence, opioid use and suicides during this crisis?
- What is the impact of losing support services and closing services that benefit those most vulnerable, such as the pool and library services?