



Coronavirus

Stress Relief

In these uncertain times, it is easy to find ourselves overwhelmed or even fearful of what is going on around us. It is ok to feel sad or upset, but we need to practice stress management techniques to ensure we stay healthy for ourselves and our families. Here are some tips to help you to cope during these stressful times:

Focus on what you can control and let go of what you can't control.

- We cannot control the actions of others. For example, we cannot make others social distance or wear masks, but we can take those precautions ourselves.

Stay up to date but set limits.

- Educate yourself about the virus and recommended precautions from reputable sources.
- While it is important to stay informed, we must remain mindful and limit how much news we are watching.

Use positive self-talk.

- If you find yourself thinking negative thoughts such as “I can’t do this, things are never going to get any better,” reframe those thoughts into positive ones like “I can do this, and things are challenging right now, but they will get better.”

Limit worrying.

- Identify your worries and make a plan to help address your concerns.
- Discuss concerns with those you trust.
- When you find yourself starting to worry, remember you are doing the best you can.

Practice gratitude.

- Remind yourself daily of the good things in your life, whether it be your health, your family and friends, the food on the table, the shelter above your head, etc.

Use affirmations.

- Start your day with positive affirmations such as, “I can handle whatever the day throws at me, I am prepared to meet today’s challenges, I will make it through today the best I can.”

Practice mindfulness.

- Step away to a quiet space where you can be alone. Focus your attention on your senses. What do you see? What do you smell? What can you hear right now? Focus on your breathing — take a few deep breaths to calm yourself and relax.

Get support.

- Talking with your support system can help during times of stress.
- Let others support and take care of you.
- Reach out to your Employee Assistance Program for help with these and other stress management ideas.

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.