

Everyone deserves compassion in their lives, for themselves and for others. Compassion is especially critical during the current COVID-19 health crisis. Why? Building compassion inspires hope.

Coronavirus

Finding Hope Within Yourself

Somewhere between fear and optimism lies hope during this Coronavirus pandemic.

Hope is necessary for all of us. It is the basis of our emotional growth and gives us the strength to manage setbacks. Without hope, the future fades to gray and the ability to engage in life dims. With hope, we can imagine how things could be better. The future becomes possible with hope. Recognize the benefits of hope and the impact it has on your well-being.

Strategies to maintain a hopeful mindset:

- Practice compassion
- Don't act from fear
- Use reputable sources like who.int or cdc.gov
- Limit your exposure to news
- Practice healthy habits
- Pay extra attention to your body
- Make self-care a priority
- Stay connected with others
- Engage your senses to stay grounded
- Stay present

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

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](https://www.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.

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