

COVID-19 UPDATE



Employee Assistance Program

Tips for Coping During COVID-19

There is a lot to digest during a pandemic. Here are a few tips to help you navigate these challenging times.

Accepting the Negative: Some individuals may experience various emotions such as anxiety, impatience, frustration or irritability. This can be a normal reaction when going through uncertainty. For some it's helpful to be able to identify what is working well or things for which to be grateful.

Creating a New Routine: We crave routine and structure. It's important to establish a sense of purpose in our daily lives. Create a schedule for your home with all members of your household. Post your household schedule for everyone to see. Ensure all are aware of the expectations and hold yourselves and each other accountable.

Re-inventing Self-Care: It is hard when you're robbed of your tried-and-true ways of taking care of your physical and mental health. But don't abandon them; science has shown that exercise, good nutrition and socializing are directly linked to emotional well-being, so now is the time to get creative. Ensure proper nutrition. Maintain or initiate physical exercise (YouTube, YMCA online, walk/run outside, go hiking, etc). Get plenty of sleep.

Social Distancing: We are being asked to stay at home as much as possible. Social distancing recommendations for COVID-19 is 6 feet. Limit outings for essential purposes only-grocery store, pharmacy, etc. Connect with family and friends that live outside of your home via virtual platforms like FaceTime, Zoom, or Google Hangouts. Check in with family and friends via text, emails, and/or phone calls. Bring back letter writing and find a pen pal!

Exposure to Media: Limit time spent watching or listening to the news and engaging in social media. Do not leave the news play in the background on your television or radio. Stick to the facts and keep things in perspective. Use the CDC and your public health department as credible sources of truth. Avoid news sources that cause you to feel anxious or distressed.

Working from Home: Treat working from home just like, well, going to work! Get dressed and ready as if you were going into the office. Create a space that

is for work. Use a desk or table/office chair to mimic your office setting. Schedule breaks and incorporate physical activity. Reach out to your co-workers via phone, email, Zoom/Skype. Be sure to set boundaries around your work time.

Talking to Children: Help children feel safe. Share facts, not opinions. Let children lead the conversation. If kids are asking questions, they are likely ready for the answer. Be empathetic. Stick to your new schedule and model the behaviors you want to see in your children. Consider appropriate amounts of screen time. Take care of yourself so you can take care of your kids.

Know When to Ask for Additional Support: We encourage you to reach out for help if you are having a tough time. Signs it is time to reach out for help include forgetting things more often; having trouble concentrating; having difficulty making decisions; feeling anxious, angry, guilty, or sad; having stomachaches, headaches; increased irritability, trouble sleeping, crying easily, worrying excessively, or wanting to isolate.

*The **Advocate Aurora Health EAP** is a confidential and no cost benefit currently providing telephonic &/or video services for employees and their household family members.*

Give us a call at 800.236.3231.