

COVID-19

Managing What We Can

We are all currently living in an environment of ever-changing reports on the spread of the coronavirus and its impact on many aspects of our lives. Many of us watch with a mix of anxiety and an unquenchable thirst for information. The 24-hour news cycle and rapid yet sometimes unreliable social media stream feed our “fear of missing out”. Unfortunately, all of this can be detrimental to our mental and emotional well-being.

From the flood of information that’s circulating, Parkview EAP would like to share some helpful bits to assist you in caring for your mental health and well-being.

5 tips for managing stress around coronavirus¹

1. Check the news once per day

Reading the latest news on coronavirus once daily will keep you informed without constantly thinking about the virus and knowing every detail

2. Follow the recommendations, but don’t go overboard

The CDC is recommending the public to take “everyday preventive action” such as washing your hands, avoiding touching your eyes, nose and mouth, staying home when sick and avoiding close contact with people who are sick. Sticking to the CDC’s recommendations (without going overboard) will ultimately help lower stress and anxiety levels.

3. Focus on the evidence

When anxious, we tend to focus on worst-case scenarios. We don’t necessarily focus on the fact that most cases of COVID-19 are mild, or that many people are living around the virus and not contracting it.

4. Think of common-sense precautions to take

Taking low-risk steps without shutting down the way we live can increase our awareness can help and will likely alleviate some anxiety.

5. Focus on helping others

Most if not all of the precautions for the coronavirus – like washing your hands and staying home if you’re sick – are designed to help stop the spread of the virus and to keep the most vulnerable people healthy. While washing your hands, think about keeping others around you and your community safe.

What else can I do to support myself?²

- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs
- Make time to unwind and remind yourself that strong feelings will fade. Take media breaks. Try to do some other activities you enjoy to return to your normal life
- Connect with others. Share your concerns and how you are feeling with a friend or family member
- Maintain healthy relationships
- Maintain a sense of hope and positive thinking

¹www.goodmorningamerica.com/wellness/story/keep-calm-wash-hands-tips-managing-stress-coronavirus-69482702

²<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>