



Your Wellbeing and the Pandemic

The COVID-19 pandemic has brought many changes to how we live our lives and with it uncertainty, altered daily routines, financial pressures and social isolation.

You may worry about getting sick, how long the pandemic will last, whether you'll lose your job, and what the future may bring. Information overload, rumors and misinformation can make life feel out of control and make it unclear what to do.

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Self-Care Strategies

Take care of your body

Try to eat healthy, exercise regularly, get plenty of sleep and avoid alcohol and other drugs.

Connect

Share your feelings with a friend or family member. Maintain relationships and rely on your support system.

Take breaks

Make time to unwind. Try to return to activities that you enjoy.

Stay informed

Watch for news updates from reliable officials. Limit your exposure to too much media.

Focus on positive thoughts

Focus on the positive things in your life and set priorities.

Ask for help

Talk to a friend/family member or reach out to a counselor or doctor

Common Signs of Distress



Feelings of fear, anger, sadness, worry, numbness, or frustration



Changes in appetite, energy, and activity levels



Difficulty concentrating and making decisions



Difficulty sleeping or nightmares



Physical reactions, such as headaches, body pains, stomach problems and skin rashes



Worsening of chronic health problems



Increased use of alcohol, tobacco or other drugs

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you are doing.

Your Employee Assistance Program (EAP) can provide confidential support at no-cost. The EAP can connect you with the right provider to help you deal with life's ongoing challenges.



Access services under your EAP, today!

Call to speak to your care coordinator, **800-324-4327** (Español 800-324-2490) or email info@ieap.com.

Visit our Member resource site.
www.4eap.com

Crisis
Counselors
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