

Tips for Managing Stress During Coronavirus 2019 (COVID-19)

News of the Coronavirus 2019 (COVID-19) outbreak has been stressful to many, resulting in fear and anxiety, as well as changes in sleeping, eating, and/or concentrating. These reactions may even be more pronounced for those at greater risk including the elderly population, those with pre-existing conditions, and those that have completed recent domestic or international travel.

Stress reactions to COVID-19 are normal. Things you can do to manage this stress include:

- Set limits on exposure to media coverage of COVID-19
- Continue to engage in activities you enjoy, including hobbies and quiet time
- Connect with family and friends, maintaining healthy relationships (social distancing should be renamed 'physical distancing' – staying emotionally connected is vital at this time)
- Engage in healthy behaviors with attention to nutrition, sleep & exercise
- Avoid destructive behaviors such as alcohol or drugs
- Maintain a sense of hope and positive thinking
- Be aware of your feelings and ask for help if support is needed

Lifestyle EAP is available to offer support to employees and eligible dependents experiencing stress during COVID-19. **Lifestyle EAP offers expert, confidential, and free support during life's challenges.** Our toll free number is 800-989-3277 or log into our website at **www.lifestyleeap.com**