



Strength

Coping with COVID-19

Making changes to your work processes. Dealing with a stressed-out community. And coping with your own anxiety. How do you manage work stress when there's no "business as usual"?

Your new normal

You love what you do and you love to serve your community. But what does that look like during COVID-19?

Many people are anxious right now. And when emotions are high, thinking can be low. If you encounter someone who's upset, you can:

- Remain calm
- Remember, it's not about you
- Provide reassurance
- Communicate clearly

This can help you continue to do the work that's so important and keep the supply chain going.

Respect your stress signals

Do you know when your stress level is too high?

Recognize your stress symptoms and respect the need to help yourself. For starters, de-fuse with some of the following steps.

Take a break during the day

Even if things aren't busy right now, you want to make self-care a priority. It's critical to set aside time for you every day. Robots and computers need re-booting — so do humans.

Even a few minutes can make a difference. Go outside, take some deep breaths call a friend or do anything that soothes you. Taking time for yourself isn't selfish. It's self-sustaining. You can't help others if you're depleted.

Take care of your own needs

Keep your stress in check by maintaining worklife balance. That means taking care of your own needs and having a life outside of work.

Make the most of your time at home. Self-care is critical during this time. Spend time with your family, work out and minimize your news intake. Use your breaks to recharge your batteries.

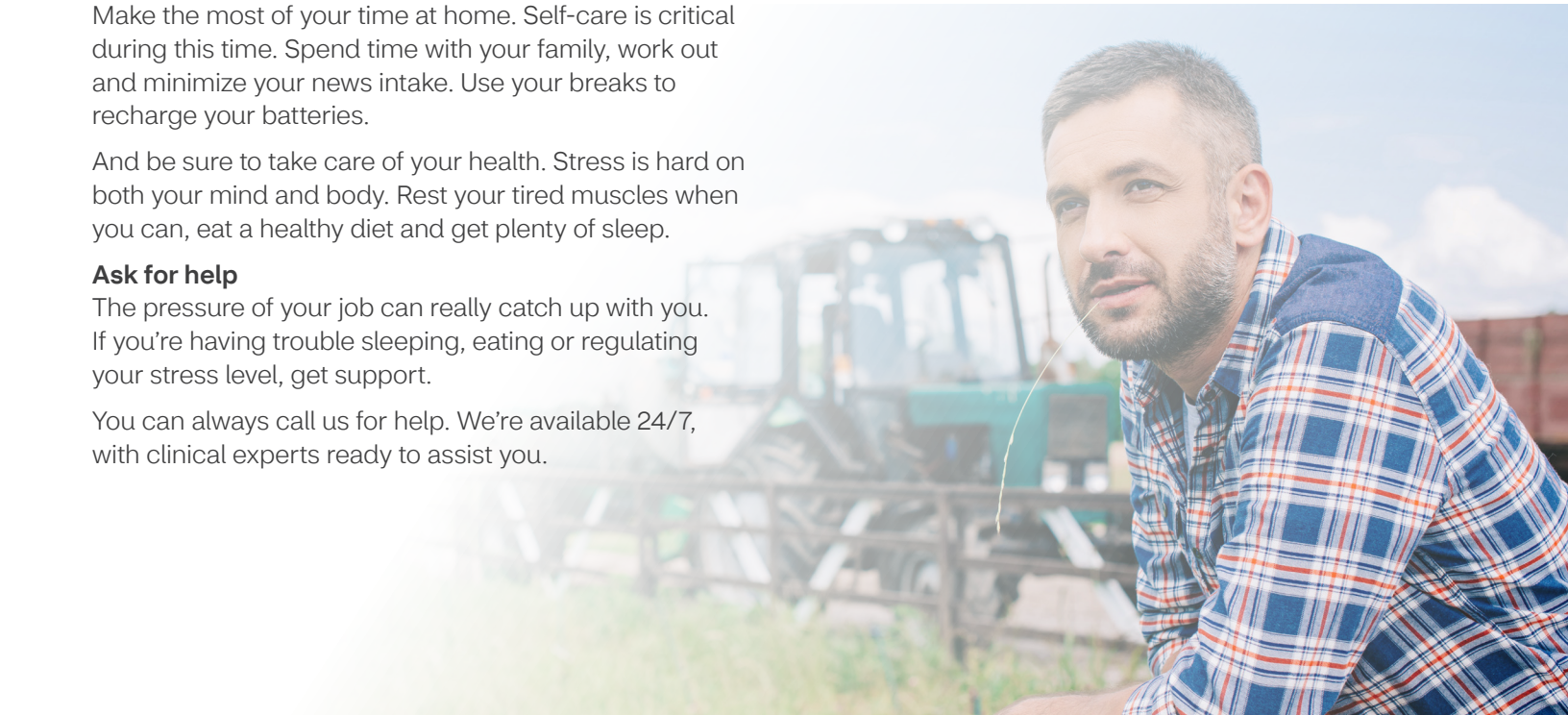
And be sure to take care of your health. Stress is hard on both your mind and body. Rest your tired muscles when you can, eat a healthy diet and get plenty of sleep.

Ask for help

The pressure of your job can really catch up with you. If you're having trouble sleeping, eating or regulating your stress level, get support.

You can always call us for help. We're available 24/7, with clinical experts ready to assist you.

Remember, you need to stay physically and emotionally well in order to support the needs of your business. Your work matters. And we're here to help you continue to serve your community.



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