



# Embrace

## Dealing with feelings during COVID-19

Covid-19 has created many new experiences. Many of us have had to stay six feet away from everyone but our household members. We've been wearing masks and gloves for everyday routines. We've quarantined. We've cleaned constantly to keep our homes virus-free. We've heard news about those who are sick or even dying. Is it any wonder we're dealing with very strong feelings now?

### Common COVID feelings

Fear, sadness, grief and anger — these are normal emotions and, right now, you may feel them intensely. Why? It may be that life has never seemed so fragile. And perhaps you've never felt so vulnerable.

When you feel vulnerable or helpless, you may want to lash out. But there's no way to lash out against an invisible disease. Instead, you may turn anger and negativity on yourself or others close to you. You may have more quarrels at home, feel short-tempered, cry, yell or get depressed.

Remember, millions of people have been impacted by COVID-19. Whatever you're feeling, you're not alone! We're here to help.

### The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

### What you can do to deal with your feelings

Here are some tips for dealing with your feelings during this difficult time:

- 1. Accept them.** If you're human, you've got feelings about what's happening.
- 2. Express them.** If you're sad or scared, cry or talk about it with a trusted friend. If you're about to blow up, walk away, listen to music or take deep breaths to calm down. If you need time alone, ask for it. The key is not to pretend away your emotions but to handle them in a safe, productive way.
- 3. Explore them.** No one knows when COVID-19 — with all its worries and losses — will leave us. Until then, you may want to get professional help to deal with your feelings. We can help you find counselors who are near you or who are meeting via tele-video.