

EMPLOYEE ASSISTANCE PROGRAM

Dealing with Pandemic Anxiety

Are you experiencing anxiety when dealing with the current Coronavirus pandemic? This is normal, as the health emergency has some very common anxiety triggers built in. It can affect us each differently, on a variety of levels, touching on our personal lives, work, family and finances. This uncertainty and lack of control can create chronic stress, as we try to mitigate these impacts. While some anxiety can be a positive driver to action, without proactive plans for self-care, it can begin interfering with our ability to function or keep a positive mindset. Some tips for dealing with anxiety include the following:

- Learn as much as you can about the situation from reputable sources but set limits to your news consumption to avoid overload.
- Focus on what you can control. Create an action plan that allows you to see and track what you do to stay on top of work, personal and family demands.
- “Stay at home” but not alone. Reach out to family and friends via phone or social apps. Remember that this is a temporary, shared experience.
- Try different ways of coping, such as relaxation activities, exercise, and continuing with hobbies.

Your EAP can provide free and confidential support on this topic, as well as assistance on any of the work, personal, and family challenges that life may bring.



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