

# Coronavirus

## Handling Stress at Home

Stress is a normal part of life, but while we all face the challenges of COVID-19, our tension level is raised to a higher degree. Stress over the coronavirus can lead to frustration and anger and contribute to anxiety and depression. Keep in mind, while we are all dealing with the global health crisis, you, your family and those you share a home with may experience the following:

- **Trapped indoors (cabin fever)**
- **Financially insecure**
- **Anxious and fearful of the future**
- **Worried about at-risk loved ones**
- **Angry at others for poor choices**
- **Isolated and lonely, with limited social lives**
- **Boredom that can lead to unhealthy habits**
- **Guilt over putting others at risk if you are “essential”**
- **Frustration over misinformation about the crisis**
- **Sadness and empathy for others affected by COVID-19**

These feelings are understandable and even normal under the circumstances. However, when these feelings have detrimental effects on our mental and physical health, we need to make some healthy changes in our life. It can be hard not to give in to negativity, but the following guidance may help while everyone is feeling added stress:

**Create routines** - Challenge your household to create a list of things to accomplish for the week.

**Develop specific goals for each person on how they will take care of themselves emotionally and physically** - Using apps such as Insight Timer and MyFitnessPal can provide guidance on how to achieve those goals.

**Reach out to others on a regular basis** - Look into downloading zoom.us or other platforms to meet via video. Write and send letters or homemade cards to share joy with those who receive them.

**Volunteer** - Helping others is a good way to feel connected and purposeful to those in need.

**Allow feelings and find healthy outlets to handle them in a safe way** - Express negative energy in a positive way: by working out, doing cardio exercise and yelling if need be into a pillow.

**Go outside and get some fresh air** - Clear your head of negative emotions. Be sure to follow social distancing guidelines.

**This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).**

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.