Coronavirus

In These Uncertain Times

How do we know we are making the right plan, choice or decision? During the COVID-19 pandemic, we are faced with an uncertain future. In today’s ever-changing COVID-19 environment with rules, regulations and suggestions on how to stay virus-free, we must put more thought into making plans. We must be prepared to change them, or even let them go. The decision-making process can cause anxiety when it is associated with possible risks. Weighing the pros and cons of a choice is a start to alleviating some of that anxiety.

Consider the following when making a plan or decision:

- **Ask yourself which areas of the plan you have direct control over and which are beyond your control.**
- **Evaluate whether there is an exit strategy.**
  - Does the hotel, plane or resort have a refund/cancellation policy?
  - Is there an opportunity to add cancellation insurance?
  - What financial risk am I willing to take?
  - What would a “Plan B” look like?
- **Identify the pros and cons of the decision.**
- **Develop the safest option and decide whether you will be satisfied with that option.**
- **Ask yourself, if you accept the decision regardless of whether there is a good outcome.**
- **Identify if social distancing and safety precautions are available and practiced.**

As businesses start opening, our uncertainty may increase and shelter-in-place fatigue may set in. Think before the impulse to socialize puts you in a vulnerable position. Reducing risk factors will help reduce anxiety. Make a list of virus prevention questions.

- **Does the plan to go out involve social distancing?**
- **Will wearing a mask be necessary?**
- **Will there be access to a restroom?**
- **Is the place regularly disinfected or cleaned?**

With all the uncertainty surrounding COVID-19 and what the future holds, it can be difficult to make choices and plan. If you find that your anxiety or fear is too hard to handle on your own, reach out to others and remember that your EAP is always here to help you through these difficult times.