

# YOUR! EAP Newsletter

For an appointment  
CALL: 810.982.4980

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## MANAGING ANXIETY AROUND COVID-19

With many Michiganders returning to work, there may be more anxiety about possibly being exposed to COVID-19 or even returning to their old routine after months of restrictions. It is normal to have a certain level of anxiety during this time.

If you or someone you know is feeling anxiety about returning to work, or the ongoing situation with COVID-19, consider using the following tips from the national alliance on mental illness to help adjust more easily.

- Do everything you can to help protect yourself and others from getting sick. Taking these steps may help you feel more in control, while also helping to prevent the spread of infection.
  1. Wash your hands regularly, for at least 20 seconds with soap and water.
  2. Clean all high-touch areas every hour.
  3. Stay six feet away from others when possible.
  4. Stay home if you are sick and stay away from others experiencing symptoms if you can.
- There are ways to process your feelings in a healthy way:
  1. Allow thoughts and feelings.
  2. Connect to others you care about; you are not alone.
  3. Recall times when you faced other challenges.
  4. Recognize skills that can help you now.
  5. Connect to gratitude, caring, and faith.
  6. Recognize that goodness and growth come from adversity.
- Use resources offered to you to help cope with the changes and emotions. If you see a therapist, continue to stay in touch during your transition back into your work routine.
  1. Connect with your EAP 810-982-4980.
  2. Take advantage of the free COVID-19 Warm Line at 888-733-7753 which is connecting people with a certified peer support specialist.
- Try to embrace the return of structure. Lack of a routine can be a driving force for many illnesses and can heighten anxiety. If you can, try to get into your work routine at home before physically returning – wake up at the normal time, get bathed and dressed as you would normally, and try to return to your normal timeline during the day.
- Try to make sure you are getting a healthy night's sleep, while it may seem simple, getting enough sleep can make a significant difference on our mood and amount of anxiety during the day. Try to get back to your routine before quarantine and try to go to bed without interruptions to allow for the best rest possible.
- Remember – it is okay and normal to feel anxious. There is nothing wrong with feeling anxious about changes and uncertain times, and you are not alone in these feelings.

Your mental health is just as important as your physical health. If you or someone you know is experiencing anxiety related to the coronavirus pandemic, help is available – call your McLaren Port Huron Industrial Health Employee Assistance Program at 810-982-4980.

Your Employee Assistance Program

Confidential, short term, solution focused, problem solving sessions for personal and work issues.