



RESOURCES FROM THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

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With factors related to the Coronavirus 2019 (COVID-19), still unknown, the outbreak may be causing increased fears, leading to stress and anxiety for you and your children/students. Your Employee Assistance Program is here to support you and your family during this pandemic with helpful tips and resources.



Ways to Manage Stress and Anxiety related to COVID-19

The way you cope with stress and anxiety can go a long way toward ensuring that you're taking helpful action in managing your mental health.

- Take Media Breaks- Be aware of how often and where you are getting media updates. Place limits on source and the amount of time you spend. Use trusted sources like the CDC website.
- Take Sensible Steps to Prepare- This will give you peace of mind.
- Acknowledge Your Anxiety- It is better to recognize your anxiety and work through it than to avoid it.
- Seeking professional help from a licensed mental health professional if necessary
- People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

Helpful Links:

Resources to Turn "Illness" into "Wellness"

<http://www.bcps-mentalhealth.com/>

Coronavirus Anxiety

<https://www.psychologytoday.com/us/blog/anxiety-files/202003/coronavirus-anxiety>

Comprehensive Resources During COVID-19

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>

Eight Tips from Mental Health Experts

<https://www.today.com/health/how-survive-coronavirus-anxiety-8-tips-mental-health-experts-t175092>

VeryWell Mind- Managing Anxiety

<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>



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