EMPLOYEE ASSISTANCE PROGRAM

MANAGING THE WORRY AROUND CORONAVIRUS (COVID-19)

Concern about COVID-19's impact on us and our loved ones is healthy and warranted, enabling us to be informed and take necessary precautions. However, we can sometimes inadvertently turn our worry into unhealthy anxiety through our own thoughts and behavior. Practicing "self-care" can bring relief and help us regain perspective for wellbeing.

PRACTICE SELF CARE DAILY

1. Limit your time reading COVID-19 news and only go to trusted sources for information.

- The Center for Disease Control (CDC) is the go-to source of information for doctors and the news media.
- San Francisco Department of Public Health (SFDPH) provides up-to-date information for employees and the public.

2. Focus your energy on preventative actions within your control.

- Wash your hands thoroughly for 20 seconds
- Don't touch your face with unwashed hands
- Wear a face mask when outside or with others
- Stay home if you feel sick
- Disinfect surfaces you come in contact with before and after use
- Abide by local and CDC recommendations for social distancing

3. Prioritize you to help you build your resilience!

- Exercise regularly
- Take meditation breaks - check out OneMoment, CALM or Headspace apps
- Eat healthy
- Drink plenty of water
- Stay connected to loved ones
- Do things that bring you joy
- Get plenty of sleep

If your concern turns into anxiety, depression or feelings of panic where it's difficult to focus, sleep or go about your daily routine, then it is time to seek professional help.

WE'RE HERE *For You*

Call the Employee Assistance Program (EAP) to speak with a counselor
(628) 652-4600 or (800) 795-2351
sfhss.org/eap

10 THINGS YOU CAN DO

Sheltering in place can provide time to engage in self-care and fun.
Use this checklist to get you started!

- ☐ Take a walk outside – While maintaining social distance.
- ☐ Play with your pet – They will be delighted for the extra attention.
- ☐ Dust off and play the board games you haven't touched in years.
- ☐ Binge watch your favorite shows.
- ☐ Start a gratitude journal – What are you thankful for and why?
- ☐ Read the book that's been sitting on your nightstand.
- ☐ Get moving with some great workout videos on YouTube.
- ☐ Virtually tour museums around the world online or via an app.
- ☐ Call or video chat with your loved ones.
- ☐ Try new healthy recipes.

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