



A Few Tips for Managing Anxiety About COVID-19

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- Ask yourself what exactly you are scared of. There are many aspects to this health crisis that are concerning but there are likely one or two aspects that concern you most.
- When that factor has been identified, start to think through the issue beyond the “what if?” For example, if you are afraid of being quarantined, think about what that might actually be like, how you might get your groceries, how you would stay in touch with friends and family, or what kind of projects you could do.
- We all want to control the uncontrollable, and it feels frustrating and scary when we cannot do so. Instead of trying control those factors (i.e. what if someone rides the train when they are sick?), think about how you would cope with that situation if it happens. We are usually capable of coping with a lot more than we think we can!
 - Consider reminding yourself of other hard times or hard events that you have coped with in your life. You probably did not think you could at the outset!
- Be deliberate about how you get your news. Following the news throughout the day and night does little to inform you and a lot to make you anxious. Consider looking at the news once in the morning and once in the afternoon/evening.
 - Consider a digest/summary news email from a trusted source so that you do not have to sort through all of the details of the websites.
 - Don't read comments after news articles! Think about how you feel when you read the comments - rarely does it feel comforting.
 - Consider turning off the news notifications on your phone. You will likely benefit from reading the news when you are ready for it, not when you are doing other things.
 - Try NOT to read the news right before you go to bed!
- Remember that although the mortality rate of COVID-19 is higher than we would like it to be, consider reframing the data: If you are reading that the mortality rate is 3.4%, then this means that 96.6% will get through this okay!
- Engage in activities to take care of yourself (whatever personally works for you): spend time with your family, find comforting media, movies, books, music, etc., that will give your mind a time-out from this crisis. Take more baths, do more yoga (at home via YouTube!), etc. Consider downloading meditation apps (i.e. Headspace, Calm) and using them daily.
- Yes, this crisis is real, but we do not have to be scared – we have to channel our ability to cope and adapt.
- Please remember your EAP is here to support you. Our counselors will provide in the moment support to help you get through this!

To make an appointment or to receive more information, contact the EAP directly:

(800) 905-0994

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