

# Coronavirus

## Recognizing and Managing Stress

We are all experiencing stress related to the Coronavirus (COVID-19). At times it may be intense. When this occurs, it can strain your body and make it difficult to function. Finding effective ways to manage stress is critical to your overall well-being during this unstable time.

**Stress can affect the body, both mentally and physically. Some common signs of being overly stressed include:**

- Headaches
- Trouble sleeping
- Changing in appetite
- Mood swings
- Trouble concentrating
- Feeling overwhelmed
- Depression
- Anxiety

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your EAP.

**Developing a plan to help manage and reduce stress can improve your quality of life. Once you have recognized what stresses you out, it's important to find coping strategies to help you. Here are some suggestions:**

- **Manage your time** – Setting priorities and defining goals can help you use your time well. Having a schedule helps you not feel so overwhelmed with tasks and deadlines.
- **Practice relaxation** – Meditation and deep breathing are good ways to calm yourself. Taking a break can help you refocus and return refreshed.
- **Exercise daily** – Make time to go for a walk, a bike ride or take an exercise class. Exercising daily can improve your overall health.
- **Eat well** – Eating a healthy, well-balanced diet can stabilize both your mood and your mind.
- **Take time for yourself** – Schedule some time each week to do things that make you feel good.
- **Get enough sleep** – Having a regular sleep schedule is important for your overall physical and mental health.
- **Avoid alcohol and drugs** – They don't reduce stress; in fact, they often worsen it.

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