

Tips for coping with  
Coronavirus (COVID-19) related  
stress in a healthy way.



# Coronavirus

## Ways to Help Manage Your Stress

- **Take several deep breaths.** By taking deep breaths several times during the course of the day, you can stay relaxed and refreshed. Breathe from your abdomen, inhale slowly through your nose and exhale slowly through your mouth.
- **Exercise regularly.** Regular physical activity is good for your health and will make you feel better about yourself. Some people find exercise to be a good outlet for stress, anger or frustrations.
- **Get enough sleep.** This can help you feel well-rested and better able to concentrate when facing the challenges of each day.
- **Eat well.** Eat a variety of foods that provide nutrients to keep your body system working well. When you're living healthy, you're better able to control stress.
- **Be positive.** Focus on things you can control, such as your actions. Do not dwell on things you cannot control, such as the actions of others. Nurture the positive influences in your life.
- **Stay connected.** Recognize when you need the support of family and friends. The most basic but important coping skill is talking about your concerns with someone who cares about you.
- **Call the EAP** at 800-327-4968 (800-EAP-4YOU) TTY: 877-492-7341 any time or visit our website: EAP4YOU.com

**This is an emerging, rapidly evolving situation.  
For the latest information visit [CDC.gov](https://www.cdc.gov).**

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 Employee Assistance Program.