



Thank you for  
being here.  
How are you  
doing?

## COVID EMPLOYEE WELLNESS

Volume 1: Taking Care of Yourself

Volume 2: Managing Information

Volume 3: Where to Go for Help

Volume 4: HealthCare Worker Self Care

## COVID-19 And YOU EMPLOYEE WELLNESS CHECK Volume 1

In times like these, our mental health can suffer. We don't always know it is happening. You might feel more on edge than usual, angry, helpless or sad. You might notice that you are more frustrated with others or want to completely avoid any reminders of what is happening. For those of us who already struggle with our mental wellness, we might feel more depressed or less motivated to carry out our daily activities.

It's important to note that we are not helpless in light of current news events. We can always choose our response. If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

**SLEEP/REST • HEALTHY DIET • PRAY/MEDITATE • CONTACT LOVED ONES • MAINTAIN ROUTINE  
AVOID ALCOHOL/DRUGS • HYDRATE • EXERCISE • BREATHE • NATURE • NEW HOBBIES**

1. **Separate what is in your control from what is not.** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Wear a mask.
2. **Do what helps you feel a sense of safety.** This will be different for everyone, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
3. **Get outside in nature—even if you are avoiding crowds.** Get some vitamin D & fresh air. Exercise also helps both your physical and mental health. Yoga. Breathing.
4. **Challenge yourself to stay in the present.** When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them.
5. **Stay connected and reach out if you need more support.** Talk to trusted friends, supports about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help (see Volume 3 for Getting Help).

Taken from *Protecting Your Mental Health during Corona Virus Outbreak* by Doreen Marshal PhD and The American Foundation for Suicide Prevention website.

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