

Are you in a COVID State-of-Mind?



Feeling anxious? Depressed?

Four months deep into the pandemic, and cracks in our mental health are showing. Most people are experiencing symptoms of depression, anxiety and stress. So, what can we do about it? The most common strategies for dealing with stress and anxiety are coping and distracting — so looking for hobbies or going to work helps to keep the mind from thinking about something other than the pandemic — also, emotional support seeking and active coping, which is about taking actions directly to address the problem in whatever way possible.

What actually works?

- *Positive framing* - Focusing on the best parts of a bad situation in a more positive light.
- *Seeking emotional support*: Lean on friends and family for comfort and understanding (increases a sense of wellbeing and decreases feelings of loneliness.)
- *Self-compassion* - Relating to yourself in a way that has the same amount of understanding and care that you would give to somebody else that you love.

What does not work?

- *Venting* - Letting out negative emotions onto someone else (leads to lower sense of wellbeing and greater stress.)
- *Behavioral disengagement* - Giving up on dealing with your problems will lead to depression and anxiety. Whatever you do, try not to just give up!

Reach out to others for emotional support, not just advice or venting. When good things happen, notice those good things and really start to practice being compassionate to yourself. The thing is, people need other people. It's one of our basic human needs. If you've tried to deal with your anxiety or depression and don't feel like you're getting anywhere, seek professional support.

The silver lining of all of this is that therapists are getting more and more comfortable delivering tele(mental) health sessions online. If you've never been in therapy before, now's a good time to try it out. The reality is everyone is forced to doing sessions this way as there is no other way to seek help.

Remember that addressing your problems during the pandemic takes work. There is no magic pill. And the reality is, of course, that's not how it works. There isn't one coping strategy that is perfect and coping will look different for different people.

Need help getting out of your "COVID state-of-mind"? EAP counselors are here to help. Counseling is confidential and FREE! Call the **COVID Counseling helpline 800-801-4182**, or **402-354-8000** or email eap@bestcareeap.org to schedule an appointment.