WE ALL NEED HELP FROM TIME TO TIME

Take Care of Yourself During COVID-19

Watch for signs of burnout or stress
Signs can range from depression, irritability; fatigue; and frustration, to more serious signs of being worried too much or easily startled, even having nightmares.

Ask for help when you need it
If COVID-19 has added a heightened level of anxiety to your work life, you do not have to go through it alone. Counselors are just a phone call away - call Best Care EAP 402-354-8000.

Make time to unwind
Take time every day to do things you enjoy.

Develop healthy ways to cope with stress
Take breaks from work, eat healthy foods, exercise, and socialize with friends and family. Do not use drugs and alcohol as a way to cope.

Take care of your body
Eat healthy, do some type of regular exercise, and get enough sleep.

Limit your news and social media
Repeated reports and posts about the pandemic can be upsetting. Take breaks.

Get support from team members
Set up a buddy system for staff to share concerns, talk about stress, watch over each other’s safety and well-being, and to check that personal protective equipment is used the right way.

Stay connected
Use technology to talk with friends, family, and colleagues. Share your experiences. Actively listen to others.

Best Care EAP stands by you with services to help process emotions associated with COVID-19.
Services are FREE and CONFIDENTIAL.
To talk to someone 24/7/365, call 402-354-8000!