

# March 2020 EAP Notes: Managing Fear and Anxiety around Coronavirus



As information about Coronavirus (COVID-19) is revealed, there can be a wide range of thoughts, emotions and reactions. Here is some helpful information and resources for you.

**Common reactions** Over the next few weeks, you may experience a wide range of emotions. This is not uncommon when an epidemic occurs. You may experience some or all of the following:

- Anxiety, worry, panic
- An overwhelming sense of helplessness
- Social withdrawal
- Anger
- Difficulty concentrating or sleeping

**Ways to manage fears and anxiety.** Although Coronavirus is a health issue that is being taken very seriously by public health authorities worldwide, do not let your worry about this virus control your life. There are many simple ways to manage your fears and anxiety. Many of these are essential for leading a healthy lifestyle, and can improve your overall emotional and physical well-being.

- 1. Get the facts.** Stay informed. For the most current information on Coronavirus (COVID—19), stay updated through direct websites like [Centers for Disease Control and Prevention \(CDC\)](#) or [World Health Organization \(WHO\)](#).
- 2. Keep things in perspective.** Limit worry by spending less time watching media coverage. Stay in charge of your exposure by doing your own research online, and set a time limit for you to do that research.
- 3. Stay healthy.** Be more diligent than ever by adopting healthy habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently throughout the day and certainly after sneezing or before/after touching your face.
  - **Cover your mouth and nose with a tissue or your sleeve when coughing or sneezing.**
  - **Avoid touching your eyes, nose and mouth.**
  - **Avoid contact with others who are sick.**
  - **Stay home while sick.**
- 4. Keep connected.** Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings or relieving stress.
- 5. Seek additional help.** If you feel overwhelmed with worry or anxiety, remember you can seek professional support through a counselor at Best Care Employee Assistance Program.

Schedule your confidential appointment by calling **(402) 354-8000** or **(800) 801-4182** or send an email to [eap@bestcareeap.org](mailto:eap@bestcareeap.org).