Feeling worried about coronavirus (COVID-19)?

Anxiety, excessive worrying, feeling helpless, concentration challenges and difficulty sleeping are all unwelcome side effects during times of uncertainty. **Remember, Health Advocate offers confidential counseling (in person, by phone, video or text)** to help identify your stressors and offer coping techniques so you can feel better and remain calm and in control.

Here are some tips:

✗ Ineffective coping techniques:

- Engaging in destructive thinking: "Sound the alarm!"
- Overexposing yourself to the media
- Assuming anyone that coughs or sneezes "has it"
- Ignoring your feelings
- Participating in unhealthy eating or drinking habits

✓ Effective coping techniques:

- Practice constructive thinking: "One's thoughts produce one's emotions"
- Get the facts without overreacting
- Keep things in perspective
- Find ways to stay connected virtually
- Stay physically healthy
- Maintain connections with the people in your life
- Self-monitor: take your "psychological pulse"
- Know about available resources if needed

Click here to view a short video with additional tips: https://bit.ly/2U8xhv7

Stay informed:

Follow the guidelines and information provided by the trusted agencies below, including steps to prepare should an outbreak happen in your community, and guidance for travelers.

For all that you need to know, including travel advisories:
www.cdc.gov/coronavirus/index.html

For specific questions, see the CDC's FAQ section:
www.cdc.gov/coronavirus/2019-ncov/faq.html

For information about COVID-19 in your state, search your state's health department, which works with the CDC to monitor and implement all recommendations:
www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html

For up-to-date developments, research, and guidance from government health authorities and the World Health Organization (WHO), go to:
www.idsociety.org/public-health/Novel-Coronavirus

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