

Ensign Services COVID-19

Mental Health/Stress Management Support

Customer Second – Take Care of Yourself

The impact of COVID-19 displaced most of our normal routines, habits and sense of consistency. It is no surprise that during these unprecedented times, our human response is to feel confused, isolated and scared – which directly affects our mental health state. Fortunately, there are techniques and resources available to you today to help navigate your sense of balance and establish a good emotional state moving forward.

Practice Mindfulness Techniques and Build Resiliency

None of us are at our best when stress is high. Mindfulness techniques ground us by actively thinking in the present, and not dwelling on the past or future¹. Studies have shown that individuals who practice mindfulness exhibit lower stress levels, protection against anxiety and depression, and are less focused on negative feelings.

- To begin a mindfulness session, either sit quietly or pause your current actions and focus on deep breathing for one to two minutes.
- With each breath, bring to mind your current thoughts and how they are currently affecting you.
- Take time to address each thought by the emotions you exhibit and think through simple steps on resolving them moving forward.

What is important to remember is that you are in control of your feelings and have the capability to ground yourself in the current moment.

Finding a New Routine in Isolation and Getting Stimulation

Our daily routines have become altered in a way that may have seemed very sudden, with little room to prepare. That is why it is important to take the time in identifying what your new routine is and balancing work/life commitments while creating a sense of normalcy in your new daily routine.

As you are considering your new routine, think about what resonates with you in this current state. Do you have extra time to dedicate to a current or new hobby, or have you been putting off something that you now have the time to focus on? Consider some of the following options to add to your new routine or throughout the future weeks:

- Read a book
- Clean out a closet/minor house project
- Learn something new like a language or cooking
- Stay socially connected to close friends and family members daily though video chat

If you are not in self-quarantine or sick, spending some time outside and taking a walk in your neighborhood may help you during this time. Feel empowered to ask for help or to reach out to others frequently to check on them should they need anything.

Ensign Services Employee Assistance Program

All affiliate employees are eligible for the Ensign Services Employee Assistance Program (EAP). There is no better time than the present to take advantage of benefits and services that are available to you and your family. Look into [your EAP program](#) and learn more about services and provisions.

Ensign Services Telemedicine Mental Health Support

If you are age 18 or older, you can also [speak to licensed therapists, psychiatrists, and mental health professionals](#) who can help you manage addiction, depression, stress or anxiety, domestic abuse, grief, and more. Mental health appointments are available from 9 a.m. to 7 p.m. local time, 7 days a week.

Affiliate employees enrolled in the PPO 1500, PPO 5000 or EPO 2000 plans can use Teladoc's behavioral health services.

[Click here](#) to schedule an appointment.

A Few Other Free Resources

- **Calm:** Online application that provides meditations, stories, music, talks and more, all hand-picked to support your mental and emotional wellness [here](#)
- **Mental Health America:** A free toolkit with resources and marketing pieces is available here. Mental health information, resources related to COVID-19, isolation, anxiety, stress, and more at mhanational.org/covid19
- **Down Dog Yoga:** Free beginners [yoga app](#)
- **Centers for Disease Control and Prevention:** Information and resources for managing anxiety and stress on the [CDC website](#)