

DEALING WITH THE UNCERTAINTY OF COVID-19

In these difficult times it is absolutely normal to have worries, fears and anxieties in dealing with an unknown threat of this global pandemic.

1. Give yourself permission to identify and to respect your feelings and fears
2. Recognize that you have been through other difficult situations

Remember that we have normal reactions to abnormal situations as humans.

WHAT HAVE WE LOST ?

All of us have experienced loss due to this situation!

- It is normal to have anxiety about safety concerns for yourself, your family, your friends & even others.
- Emotions of grief & loss, anger and sadness are very normal reactions.
- Own your own feelings and then connect them to actions to make things manageable.
- Focus on your strengths and opportunities. Focus on the areas within your control.
- We are in this together! It's ok to accept help from others and you will get the chance to pay it forward in the future so use community programs and resources available for the moment.
- We all have different coping skills and ways to get our needs met.

YOUR BASIC PHYSICAL NEEDS

- Use social distancing and stay away from folks showing signs of illness or symptoms such as coughing.
- Wash your hands frequently
- Using disinfectants, wipe down common shared areas, kitchen & bathroom countertops
- Have cold medicines, pain relievers, tissues and a thermometer handy
- Fill your pantry with soups, broths, non-perishables and healthy comfort foods

YOUR EMOTIONAL & MENTAL HEALTH

- To decrease your stress & anxiety limit the time you spend on media coverage of COVID-19
- Talk to your support system about your emotions & feelings
- Seek help from a counselor to process your reactions
- Eat Healthy food, Get sufficient rest, Get physical exercise daily, Meditate and/or Relax

WHAT HAVE WE GAINED FROM THIS EVENT?

- We are having more time with our immediate family.
- We are being forced to slow down and consider what is really important.
- With every crisis comes the opportunity to appreciate what we have and to help others.

Together We Can and Will Get through This Difficult Time



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