

## EMPLOYEE ASSISTANCE PROGRAM

# 6 TIPS TO MANAGE STRESS RELATED TO THE ONGOING PANDEMIC

The world has changed significantly since the beginning of the COVID-19 pandemic. Lockdown, isolation, surging cases, mask mandates, shortages, variants and cancelled plans are things we have become all too familiar with since February 2020.

The pandemic has affected nearly every aspect of our lives, and it is not surprising that people feel exhausted by the fact there is no clear end in sight. Many have lost the motivation to keep up with public health guidelines, while others are experiencing long-term anxiety and depression because of the uncertainty.

If you are feeling burned out by COVID-19, here are some tips to help you strengthen your resolve and resilience:

- 1. Keep your routines.** Focus on things that are necessary to maintaining your livelihood and basic health needs. Set clearly defined working hours and time to spend on self-care, your family and friends.
- 2. Strengthen ties with your most important relationships.** If you're feeling fatigued and overwhelmed, it may benefit you more to lean into established relationships. These relationships can give you a sense of connection and community without using up too much of your emotional resources.
- 3. Build your resilience.** Resilience is the ability to bounce back from hard circumstances. The good news is that it can be built up intentionally. A quick search for resilience on the member website will lead to different ways to practice building your resilience.
- 4. Take time off.** It is important to recharge your batteries. Even if the pandemic kept you from going somewhere for vacation, a "staycation" can help you rest, relax, and reset yourself.
- 5. Remind yourself that this will pass.** Try and come to terms with what you can't control and focus on what you can do to move through this time in a positive way. Draw on skills you have used during other difficult times and remember how those times eventually passed by.
- 6. Ask for help.** When you feel burned out and exhausted, don't be afraid to let those close to you know that you are struggling. Now more than ever, people understand that everyone is going through ups and downs and sometimes you need a little help to get through it. If you experience prolonged feelings of unease, reach out to EAP for support.

**EAP is here to provide you with compassionate and caring support.**

**Go online to [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call 1-866-327-4762 to get started.**



Sources:

[www.healthline.com/health/mental-health/covid-fatigue#resources](http://www.healthline.com/health/mental-health/covid-fatigue#resources)

[www.healthline.com/health/mental-health/covid-fatigue#coping-strategies](http://www.healthline.com/health/mental-health/covid-fatigue#coping-strategies)