



Ascension

Ascension WI EAP

Coping with Coronavirus

The best place to go for up-to-date information and recommended precautions regarding the coronavirus is the [Centers for Disease Control and Prevention \(CDC\) website](#). However, here are a few effective strategies for managing fear and anxiety. Ascension WI EAP is here to help.

Should I be worried?

Although no one can tell you how to feel it is a good idea to manage your emotions in healthy ways. Here are some strategies to help:

- **Limit exposure to negative messages and news.** There is a lot of information going around about coronavirus but not all of it is accurate. Be careful of getting caught up in media hype and avoid excessive exposure to negative news. Instead refer to reliable sources of information, focus on positive messages, and remember that most people who got COVID-19 recover.
- **Take care of your basic needs.** Eat a diet high in vitamins and nutrients, get adequate sleep and rest, and don't forget to exercise. Spend time with supportive people and talk about or express your feelings in healthy ways. During stress some people may be more inclined to abuse alcohol or drugs or engage in other harmful habits. Instead, focus on proactive and healthy behaviors to build resilience and help yourself recover from stress.
- **Let your worries motivate you in healthy ways.** It's ok to be concerned about illness so that you remember to wash your hands and take standard precautions--that's just good sense! Follow CDC recommendations, but don't become so anxious that you refuse to leave your house. Continue to live and enjoy your life--just make sure to take precautions.

Should I talk to my children about coronavirus?

Children who attend day care or school may have already heard about coronavirus, but they may not have a clear or accurate understanding. It's important to clear up false information, as misunderstandings may cause unnecessary fear and anxiety. Share information in an age-appropriate way, and always stress safety.

Let children know that some people have gotten sick, but most people have not. Also, most people who were ill from the virus have gotten better. Discuss the fact that right now it is very rare to get coronavirus, and as long as

the child is careful to wash their hands and follow other illness safety precautions, they will most likely be very safe.

Stressing safety (over fear and panic) is very important to allay fear in children and create a sense of security.

Many children do not have words or awareness to express how they are really feeling. If children are fearful or nervous, they may act out at home or in school, or be unusually clingy to caregivers. You can help by providing a lot of reassurance and offering opportunities for them to express feelings. For example, you might explain that you feel sad or anxious sometimes and talk about what helps you feel better. There are a lot of ways to help a child cope with difficult emotions. For more ideas or support, contact Ascension WI EAP.

How should I respond to people in my workplace?

It is likely that within your organization people are having a range of emotions and opinions about coronavirus. Some people may believe that you can't do enough to prevent the spread of this illness, while others believe the whole thing is just overblown hype. The important thing is to listen with empathy and demonstrate care and concern. If individuals are really struggling, or having a difficult time coping, consider referring them to EAP. Let them know the service is free and confidential. Counselors can meet in-person, via a secure online platform, or over the phone to offer coping strategies and support.

Do I need to come into the office for an EAP appointment?

As usual, EAP appointments can be in person, however, they can also be conducted via a secure on-line web platform from the comfort of your own home. EAP phone appointments are also an option for individuals who are not feeling well, or who would like to avoid potential exposure to public illness. Whether you're feeling well and want to come in for an appointment, or prefer to stay home, we have options that work for you.

Help is available!

If you are struggling with fear or anxiety you don't have to struggle alone. A counselor can meet with you to discuss strategies that will help you cope. There's no problem too big or too small for EAP. If you are thinking that maybe you should talk to someone, you probably should. Call today! We're here for you.