

We recognize that with the constantly changing coronavirus (COVID-19) around the world, this is an unprecedented time for everyone. The Village Employee Assistance Program (EAP) wants you to know that we will continue to be here for you. Please understand that we are closely monitoring the situation and we are taking actions to continue to provide services to you. We will continue to keep you updated about our services as the situation progresses.

The Village EAP understands that you worry about the health and safety of yourselves and your loved ones. With the increasing reports of COVID-19 in our region, many people are experiencing heightened levels of stress and anxiety. During times like these, it is extremely important for everyone to focus on their well-being. It is normal to have questions and struggle with processing current feelings. As a reminder, our mental health counseling services are available to you and your household members. During this time, it is important to note that we continue to offer face-to-face web-based counseling. Please take care of your physical health as well as your emotional health, and remember we are here to support you.

We have included some common reactions and self-care tips for your reference. These will be accessible through The Village EAP website at www.VillageEAP.com with username: VillageEAP.

Common Reactions

- Anxiety or fear – about the health and safety of your loved ones
- Irritability – becoming easily angry or annoyed, or a feeling of being “on edge”
- Physical reactions – headaches, upset stomach, or muscle tension
- Difficulty concentrating – having preoccupied thoughts relating to the virus
- Insomnia – difficulty sleeping due to constant anxiety and worry
- Information overload – repeatedly monitoring media and social media for the latest news

Self-Care/Coping with Stress

- Maintain perspective and remind yourself of the facts – how real is this threat to me right now?
- Attempt to follow as many routine activities as possible, as this enhances comfort and predictability.
- Talk with friends, family, coworkers or a counselor about your feelings and concerns.
- Engage in some form of exercise daily; this is very effective in reducing stress.
- Limit your intake of news related to the virus. Temporarily disconnect from social media.
- Do things you enjoy. Make time to let go and engage in positive activities to help care for yourself. This helps give your mind a break and helps to maintain balance.
- Relax by using deep breathing, meditation, prayer or other relaxation techniques that work best for you.
- Focus on things you have control over by creating an emergency plan, so you and your family will know what to do
- Talk to your children – Discuss news but don't over-focus on it; be reassuring. [This booklet is a great resource for talking to children](#). It is important to talk to them but not overwhelm them.

The Village EAP is taking COVID-19 very seriously and we are working to provide the best continued services to you. If you feel like you or a family member could benefit from talking to a counselor, don't hesitate to contact The Village EAP at 1-800-627-8220 to access your free and confidential sessions. We are here so you don't have to go it alone.

