

Emotionally Surviving COVID-19:

An informational and self help guide provided by your Lighthouse Telehealth EAP team.

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Hello and happy Spring to all of you! I hope everyone is staying healthy and starting to adjust to their new normal. For May's newsletter we wanted to focus a bit on Mindfulness, which is about staying present and engaged in whatever you are doing at this very moment. It is often hard to do, especially in stressful times like this. Our minds want to distract us by dwelling on the past or by anxiously anticipating future events, which takes us away from experiencing the joy of today and from being fully present for our loved ones. Meditation is the probably the best way to strengthen our ability to stay focused and mindful but there are other ways as well. Minimizing distractions is a good place to start. For example, if you are playing a game with your child, put your phone in another room so you can give him/her your undivided attention even if this is only for a short period of time. Twenty minutes of your undivided attention will be more meaningful to you and your child than an hour of a distracted you. If you are working on an important work project, work in a calm setting, silence your email notifications, and leave your phone in another room. The project will get done quicker, you are likely to make less mistakes, and ideally the project will not seem so laborious. Often people think they are multi-tasking, when they are actually just dividing their attention between tasks. Divided attention leads to more time spent transitioning between tasks, which in the end is not a time saver. Start to take notice of the things that are stealing your attention away from being present in the moment-identifying a problem is the first step to solving it!

MANAGING ANXIETY WHILE IN QUARANTINE

The isolation you experience from quarantine and mandatory stay-at-home orders can be a major source of anxiety. A global pandemic is a stressful event for everyone and may leave you feeling unbalanced. Even if you do not normally feel anxious, you may be experiencing anxiety due to the current situation and that's OK. It is completely normal to be worried right now. Below are some tips to help you manage your anxiety about COVID-19.

Try to reframe the way you are thinking about staying home.

Positive thinking can be an excellent coping tool. Try to find the positives in your situation. Look at this as an opportunity to spend more



time with your family, or to work on those projects you have always wanted to do around the house.