



Stay Calm and Reduce Fear

With COVID-19 now a global pandemic, anxiety and stress levels may be higher than normal for many people while we hear how the world is dealing with the overwhelming health and economic impact of COVID-19.

Why COVID-19 is tough on your Mental Health

There's so much uncertainty around what's going to happen with COVID-19 that people are understandably feeling anxious.

Jobs may be at risk, elderly family members are vulnerable, and many of us are now forced to change our daily routines. What's more, we're constantly flooded with news, statistics, and fresh emergency guidelines, and it's mentally draining for everyone.

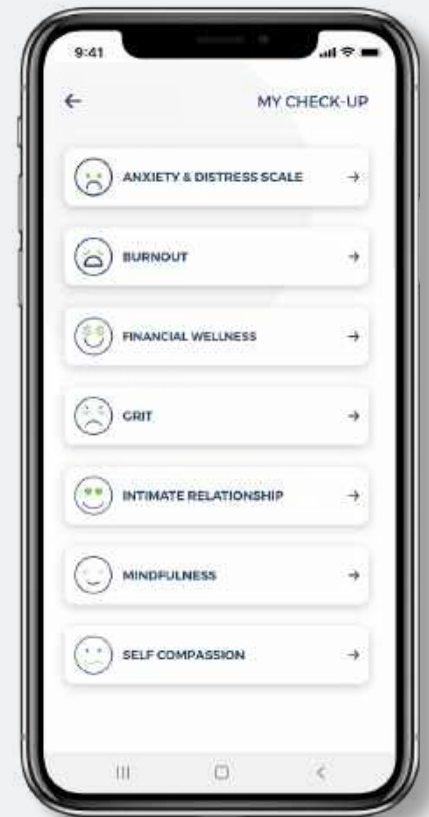
So, how do we combat all this stress and stay calm?

- 1. Practice self-care.** With so much beyond our control right now, focus on what you can control. Get more sleep, read a new book, have a warm bath, or take a walk somewhere quiet – whatever you do, now is the time to prioritise your well-being.
- 2. Limit social media use.** Set limits on how often you use social media, especially if you're at home where it's tempting to check in more often. Don't let a constant stream of tweets, status updates, and conflicting opinions overwhelm you.
- 3. Read only reliable news sources.** Stay informed by reading only reliable sources, such as The Ministry of Health (MoH), World Health Organisation (WHO) and Centers for Disease Control and Prevention (CDC). Other news sources may be less accurate, and they may cause feelings of panic and concern.
- 4. Talk it out.** Acknowledge any stress or anxiety you're feeling right now, and ask others how they're coping. Talk to family and friends, and make sure you check in with how your kids are feeling.
- 5. Reach out to colleagues.** Now is the time for colleague to come together. Focus on maintaining positive morale at work, and if you're working remotely, set regular meetings to stay in contact.



There are many resources to help you keep a check on your wellbeing

Try the
MY CHECK-UP
tools on your
EAP NOW App



TEAM WORK

"Coming together is a beginning, keeping together is progress, working together is success." - Henry Ford



HANDLING SELF-ISOLATION AND QUARANTINE

If you're showing flu-like symptoms, working remotely, or simply self-isolating, here are some specific tips to get you through the next few weeks and months.

1. **Maintain your routine.** It is important to maintain a sense of normality, where possible. If you're working remotely, check in with colleagues, and try to stick to a typical daily routine. You never know – you might even be more productive than usual!
2. **Stay in touch where possible.** Whether you use video chats, emails, or voice calls, check in with family, friends, and colleagues regularly. Send each other messages, have virtual movie nights, and keep your spirits up.
3. **Ask for help.** If you are feeling lonely, or you need help getting supplies during the isolation period, reach out to co-workers and your local community. You'd be surprised how many people are willing to help at a challenging time like this.
4. **Look after your body.** Don't neglect your body just because you're stuck at home. Try out meditation, yoga, or other at-home workouts, and eat nutritious meals – your body needs all the support it can get right now.

Conclusion and accessing EAP. Everyone reacts to stressful situations and changing circumstances differently, and it's natural to feel overwhelmed right now. Your EAP (Employee Assistance Programme) is a go-to source for help and support. Keep us in "top-of-mind" for when the going gets tough with any life concern. Take care of yourself, your family, your friends, and your colleagues, and don't be afraid to ask for help if you need it. Remember, we're all in this together – stay connected to those around you, focus on what you can control, and don't allow yourself to burn-out.

TAKE
care
OF
yourself



Financial Wellness

This is determined by a number of factors and individual actions.

Be positive no matter what your goals are. You have the power to make them reality. Being proactive with your finances will contribute to your success. Negative self-doubt is damaging to your success. As soon as a negative thoughts come to mind try to instantly turn them around and think of something positive. Practice the skills that have worked for you in the past or contact EAP Services.

Our EAP Financial advisors can assist with financial fitness. They have the tools and knowledge to help you.



- **It is confidential** – you will be surprised by the results
- **Track** – your day-to-day spending. Know your accounts and running balances especially the ones that you use on a daily basis
- **Compare** – money in and money out
- **Prioritise** – where you want your money to go
- **Understanding** – how you can improve your situation

Living with financial stress is one of the hardest pressure there is. Coming to terms with where your financial health is at, and where you need to be, start with a conversation with yourself which can be difficult.

Don't hesitate – Make a start today

NZ [0800 327 669](tel:0800327669)

AU [1800 726 474](tel:1800726474)

Intl [+64 9 353 0906](tel:+6493530906)

eapservices.co.nz

No matter what the nature of your issue, or how overwhelming it may seem, the wide scope of expertise available through EAP Services is there to support you as you work towards a positive resolution.

We encourage you to familiarise yourself with the information from:

The Ministry of Health <https://covid19.govt.nz>

World Health Organization <https://www.who.int/health-topics/coronavirus>

Centers for Disease Control and Prevention <https://www.cdc.gov>

