

BLUEPRINT TO MANAGE WELL-BEING DURING THE COVID-19 CRISIS

The Covid-19 outbreak is an unprecedented event that has affected all of us in different ways. Many are adjusting to working from home, not working and/or managing new challenges from the changing circumstances. We are bombarded by news that causes stress, worry and anxiety. It is vital that we manage our physical and psychological responses to the current realities.

MENTAL HEALTH SYMPTOMS YOU MAY BE EXPERIENCING

- **Anxiety** – excessive worry, agitation, panic or fear
- **Depression** – very depressed mood, difficulty functioning, change in behaviors
- **Suicidal Thinking** – thoughts of death, wanting to die, making suicide plans
- **Substance Abuse** - increased use of alcohol or other substances

TOOLS TO MANAGE AND IMPROVE YOUR HEALTH



Assess Your Tool Box

Instead of meeting on-site, take 10 minutes to think about and write down how Covid-19 is affecting you, your thoughts, feelings, behaviors and new demands. This will help you organize your thoughts and gauge the level of stress you are experiencing.



Build One Level at a Time

Set realistic goals that can be done in one day to bring a sense of accomplishment into your life daily. Make new routines that can help you stay on track to complete your projects and reach your goals.



Tie Off and Stay Connected

Being connected to people and things we care about matters. Off-site, connect with others through social media, phone calls, texts and video chats.



Cross-Brace Your Body and Brain

Both your physical and mental health may be impacted by the crisis, so it is important to keep up with basic health habits like eating right, sleeping well and getting exercise. Keep your brain healthy through word games, writing, playing music, or learning a new skill.



Underpin and Strengthen Your Boundaries

Consuming too much news, social media, alcohol, or food can negatively impact you. Set boundaries and load limits for yourself to stay well-balanced.



Process Change Orders

In this time of uncertainty, be prepared for changes. Changes can create more stress, but can also be opportunities. Adjust your plans frequently and minimize conflicts as much as possible.



Create a Personal JSA

Keep an updated list to get you to the finish line: health records, financial documents, legal contracts, employment information and resources.