

### **MODERN ASSISTANCE'S VIRTUAL PROGRAM**

As your employee assistance program, Modern Assistance wants to make sure you understand we are here for you during these uncertain times. We remain fully operational and available to assist you and your family during the COVID-19 pandemic. In order to follow the social distancing guidelines, we are providing all of our counseling via virtual sessions. To set up a session, simply call us at #617-774-0331 and ask to speak to one of our licensed counselors. It's easy, free and confidential.

### ***TIPS FOR MANAGING ANXIETY AROUND COVID 19***

It's often challenging to stay calm when circumstances around you are uncertain. Whether you are talking care of an elderly or sick family member, attempting to navigate resources, or are trying to entertain your kids while they are out of school, it can be hard to take care of yourself. That's why we put together suggestions for taking care of yourself as you deal with this public health crisis.

- ***First, its normal to feel stressed.*** These are stressful times, and it its ok to give yourself permission to feel not ok.
- ***Talk it out.*** If these feelings get overwhelming, talk them out- with a good friend, family member, or therapist. Feeling seen and heard can help, even if that person can't offer a solution. Modern Assistance staff are always available to talk.
- ***Sleep and rest.*** At times of stress, it might be difficult to sleep, or hard to stay on a regular sleep cycle with so much going on. Going to bed and waking up at the same time every day can really help your sleep.
- ***Plan fun.*** Make time to do activities you enjoy. With social distancing you might have to be more creative but set up a virtual "hang-out" or game night with friends, try a new recipe, or pick back up that hobby you've been too busy to do.
- ***Exercise.*** This will help reduce stress and boost a feeling of well-being. You might not be able to go to the gym, but there are countless exercise videos on YouTube you can do right from your living room. Some gyms are even offering on-line, live classes. Taking a walk or hike counts too.
- ***Socialize.*** You might not be able to see friends, family or even co-workers, which can be hard and lonely. Keep in regular contact via phone or meeting places like Zoom with the people closet to you. Schedule a "family game night" on Facetime or Zoom or set up a "virtual lunch" with your co-workers. Express how you are feeling about the pandemic, but also give yourself permission to have fun and keep the conversation light.
- ***Limit news and media.*** Stay informed but try to limit media intake on the virus to just what you need to know. Consider only watching the evening news or limiting your viewing to 30 minutes or less a day.
- ***Take breaks.*** If you are working remotely, structure your day like you would as if you were in the office, including taking lunch and breaks.
- ***Breathe.*** Take a moment. Meditating for just 2 minutes a day can lower stress inducing, cortisol levels, and blood pressure.
- ***Be Mindful.*** There is a lot of uncertainty right now. Stay in the day and try to plan for what you can and leave the rest for later.

**CALL US AT #617-774-0331**