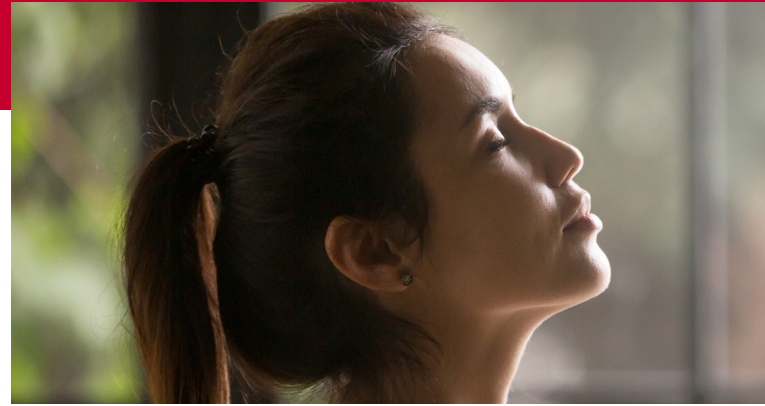


How to Reduce Stress During Uncertain Times

What to Do

- Set limits and boundaries with the amount of news coverage you listen to, conversations you have about the coronavirus, also with social media
- If possible, vary the amount and type of work you perform
- Positive gets positive: give and receive positive support and compliments on the work that you're doing
- Take small breaks and do some deep breathing
- Use your support system – stay in touch via phone, social media, email, facetime
- Take care of yourself – drink water and eat nutritious meals
- Remember that you may be more irritable, tired and anxious than normal
- Be aware of being overwhelmed and address it as soon as you can
- Separate work from home life
- Affirm that you can and will get through this
- Allow yourself time for recreation and fun
- Seek out professional counseling if needed



Support

- Seek support from co-workers, Brief Emotional Support Teams (BEST) or chaplains
- Reach out to the Stress, Trauma and Resilience (STAR) Program at 614-293-STAR
- Telehealth sessions through the Ohio State EAP are available by calling 800-678-6265 or visit the EAP website at osuhealthplan.com/eap
- Contact your Ohio State Employee Assistance Program (EAP) at 800-678-6265 or email eap@osumc.edu. You can also connect via Tess, a chatbot! Start chatting with Tess by texting “Hi” to +1 (415) 360-0023 using the start code “buckeyes” or via osuhealthplan.com/OhioStateEAP

