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

The Ohio State Employee Assistance Program (EAP)
Phone: 800-678-6265 Email: eap@osumc.edu