

STAYING MENTALLY HEALTHY DURING COVID-19

COVID-19 has changed so many aspects in life. It has also put a lot of stress on leaders, businesses, families and individuals. Although there are many unanswered questions with COVID-19, it is important to keep a healthy state of mind and know that everything will be okay. Follow the guide to learn how to stay mentally healthy during COVID-19.

DEALING WITH ANXIETY

There are so many thoughts and questions going through everyone's minds. Many business owners are in a situation with taking care of their family, themselves and their business. When life starts to become overwhelming, try these ideas to help with reducing anxiety.

STAY CONNECTED – Although face-to-face engagement is limited, it is still important to stay connected and engaged with coworkers, customers, family and friends. Take some time out of your day to visit and catch up.

ASK A PROFESSIONAL – A professional or therapist can be beneficial with easing anxiety. They understand what you are going through and will help you find comfort.

MAKE A ROUTINE – Create your work schedule and stick with it. When your work day is done, take time to be with your family and do relaxing and fun activities to relieve stress and anxiety.

POSITIVE MINDSET – At this point, many people are thinking, “When will the world go back to normal?”. It is important to remember that this is not going to last forever. Remind yourself this everyday and keep pushing forward.

FIND A NEW HOBBY/ACTIVITY – When the work day is done, do something that will ease your mind and is enjoyable such as going for a walk, crafts, cooking, family time, etc.

LIMITED MEDIA – Constant exposure to the news and social media can trigger anxiety, especially with false information. Stay informed of COVID-19 announcement, but verify it is an accurate source, like CDC.

TIPS FOR MANAGERS AND BOSSES TO SUPPORT THEIR EMPLOYEE'S MENTAL HEALTH

RECOGNIZE ISOLATION – Working from home could cause a feeling of isolation since other coworkers are not around to engage with. Watch out for personality, communication, and/or work changes.

EMPATHY – Employees are feeling anxious and overwhelmed with the change in their workplace. Reassure employees that everything will be okay, answer their questions, and be supportive.

COMMUNICATION – Check in regularly with employees. Use Zoom or other video options to utilize the face-to-face engagement.

ENCOURAGE TRAINING – To keep your employees minds off of COVID-19 issues, encourage them to partake in online training to sharpen their work skills.

PROVIDE SUPPORT RESOURCES – Provide your employees with quick contacts and numbers for mental support during COVID-19.

ADDITIONAL INFORMATION CAN BE FOUND AT WWW.GREATPLAINSTMC.ORG/COVID-19-RESOURCE-GUIDE