

## **April is Stress Awareness Month Coping with Anxiety & Stress during the Coronavirus**

The coronavirus pandemic has thrown our world into disarray, in many ways beyond health concerns. This situation has increased stress as we as fear and anxiety for many, as well as a need for tools to help cope. Fortunately, UAW FCA members and their families have additional resources that can be accessed through their negotiated Employee Assistance Program (EAP). April is Stress Awareness Month and there has never been a more prominent time to focus on your own stress and anxiety, what might be triggers for you and how to cope with them or how to access resources available to you.

### **Limit your social media usage**

Coronavirus news, both fact and fiction, is accessible everywhere at the moment. However, continuously receiving news stories about COVID-19 may not help. Try to limit the time you spend browsing social media, watching the news or listening to coverage.

When you do want to receive news on the pandemic, make sure it comes from a reliable news source. Dealing with facts, rather than rumors, will help to make sense of the information.

### **Take care of your body & Get a good night's sleep**

Try to eat healthy, well-balanced meals and drink lots of water.

It's also helpful to leave your home and incorporate something healthy into your routine, like a walk, run or a bike ride. Continue to make sure you keep a safe social distance from others when enjoying these activities.

Don't underestimate the quality of a good rest. Try to keep a regular routine for sleep and reduce your time on screens and caffeine before you try to go to bed.

### **Reach out if you feel lonely or isolated**

Seek out community, religious or other social events. They can offer support and companionship and many options can now offer a virtual or in-person, safe socially distanced experience as well.

Talking to someone you trust about your concerns can do wonders for alleviating them, you can also see your Local EAP Representative for more resources that might assist you or your family members as we continue to navigate this difficult time. Your EAP representatives are here to help.