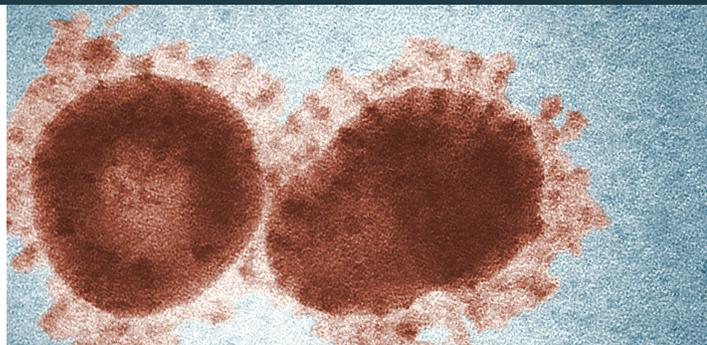


Coronavirus

Becoming More Comfortable with Uncertainty



The world is an uncertain place, even more so as we deal with a pandemic. Experts don't know exactly what to expect, so it's important that we learn how to deal with uncertainty. As we learn how to prepare for the unknown and adapt our behaviors, we want to focus on how to reduce anxiety and decrease stress.

Face the Fear. Worry that comes from not knowing what to expect can easily become overwhelming. The first step is to acknowledge that fear is a normal reaction. The second step is to decide not to let fear take over. Here are some suggestions that may help us handle the fear of the unknown:

Pay Attention to What You Can Control. Obsessing over “what ifs” can drain us of energy very quickly. We need to ask ourselves, “Is this something I have control over? Is there some action I can take to make things better?” Focus only on what you can control and what you can do to make things better.

Stay Flexible. With an ever-changing scenario like a pandemic, we can expect new information frequently. This will require that we adapt to the recommended guidelines that keep us safe. Try to be ready and willing to change your responses as recommended by the experts, CDC, WHO and HHS.

Keep Taking Care of Yourself. Our mental health and wellness are even more important during times of uncertainty. Take steps to keep stress under control. Get extra sleep and adequate nutrition. Find ways to exercise both your body and brain. Create activities that provide pleasure as a part of your daily routine.

Keep Perspective. While this crisis may be new for many of us, our world has survived similar events in the past. We have better access to information and ways to stay connected when we can't be in physical contact. Try to find a “new normal” for now, eventually, this pandemic will pass.

Find Something Positive. It may help to tune out the news a few hours before bedtime and consciously focus on something positive. It's helpful to make a daily practice of noticing and appreciating the good even during stressful times. Consider doing this out loud with your family or with a friend. Encouraging each other will help to combat the worry that comes with uncertainty.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.