

CALMING UNCERTAINTY STRESS

During the weeks ahead, many of us may experience higher-than-usual anxiety and stress stemming from our continued concern over the COVID-19 virus and the constant uncertainty of what lies ahead. While these feelings are completely understandable, there are steps we can take to manage them and minimize the disruption to our daily lives.

- **Focus on what you can control, let go of what you can't**
 - Continue taking the steps recommended to protect your health: washing your hands, wear a mask
 - If news related to the crisis makes you anxious, don't be afraid to take a break from it. It's OK to pace yourself with the information.
- **Don't forget to laugh!**
 - Spend quality time with family and friends
 - Call a loved one
 - Watch a funny movie or television show or get lost in a novel
- **Give yourself space and time to relax**
 - Utilize relaxation techniques such as meditation, deep breathing and yoga. Visit our website for quick relaxation videos: <https://vimeo.com/421060724>
- **Do the things that you usually do to take care of yourself**
 - Practice good sleep hygiene
 - Eat healthy and exercise
- **If you feel you need to talk, please reach out to the EAP**
 - We are available for free, confidential online or phone sessions with mental health professionals

We are available Monday through Friday, 8am – 9pm.

You can contact us by email at eap@olr.nyc.gov to schedule a phone, video or text appointment. Or call and leave a message at: 212-306-7660.

Visit our website at nyc.gov/eap.