

## How can I focus, find comfort, not worry in such a stressful time?

This year has already posed so many changes and threats to our daily norms resulting in higher stress, lower frustration tolerance and increased anxiety. Some face uncertainty related to their employment, their program's funding, their health care and the list goes on. Facing all these concerns can increase feelings of helplessness and powerlessness and fear related to all the uncertainty.

The NYC Employee Assistance Program (EAP) wants to acknowledge all those who may be feeling this way and to assure you that you are not alone. The EAP offers free and confidential counseling for all NYC employees and their family members. We believe validation, support and empathy are valuable experiences in times like these and we invite you to reach out if you need a safe and supportive place to share your concerns.

Please consider these few suggestions to help create some comfort for yourself at this time:

- **Get involved:** Join a group that shares your concerns. Take action where and when possible.
- Pay attention to those **things you cannot control and things you can** and focus on the latter when possible.
- **Mindfully plan** your exposure to information. Be thoughtful about time and time spent reading news, viewing Instagram, etc.
- Have at least **one thing to look forward to** each day or week.
- **Talk it out.** Tap into your supports (EAP being one if you need).

To contact the NYC EAP

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