



GBS Health & Wellness

How to Stay Calm During the COVID-19 Pandemic

The evolution of the COVID-19 epidemic is constantly evolving. The information in this document is based on information known at this time. As you communicate with your employees and look to make policy updates, GBS recommends that you reference real-time data from resources such as the Centers for Disease Control and Prevention (CDC) or National Institute for Allergy and Infectious Disease (NIAID). Local health departments are also releasing up-to-date information pertaining to your specific region.

Stay Calm

- If you are feeling anxious, use the following coping skills:
 - Deep Breathing
 - Distraction
 - Humor
 - Gratitude
 - Continue to focus on doing things that bring you joy and fulfillment
- Focus on the facts about the crisis. This is certainly a serious situation, so please follow recommendations. However, also realize that most people who get Coronavirus have a mild to moderate course of illness, there is still minimal community spread in our country, and there are steps you can take to minimize your risk and the risk to others.
- [From Panic to Resilience: Coping with Coronavirus Fears](#) This 15-minute webinar from CuraLinc Healthcare will provide sound guidance and practical recommendations to help organizations support employee mental health and build organization resilience.

Limit Media Coverage

- Limit media coverage if you find yourself becoming anxious. Over the course of the day, it seems like there are constant “breaking news” stories. If you find yourself getting anxious with all the updates, limit your media intake to one news show a day or 15 minutes of reading updates on your phone. Disable your notifications on your phone or computer space.
- Make sure you are getting your information from reputable resources:
 - [Centers for Disease Control](#)
 - [Coronavirus.utah.gov](#)
 - [World Health Organization](#)
 - Reputable news organizations, not just news threads on social media

Focus On What You Can Control

- Your own education
- Good hand hygiene
- Avoid touching your face
- Physical distancing from others including avoiding large crowds
- Staying home when sick

Helping Others

- If you manage people, try to send only one email per day with the important updates about the crisis relevant to your employees (even if you as a manager are getting numerous updates from various sources). Work with other leaders in your organization to make sure that communications are not overwhelming for employees.
- If you know others who are overwhelmed by this or who have an anxiety disorder, you can offer to let them know what is happening so they can manage their anxiety and avoid having to check the news themselves.
- Take care of your family and yourself:
 - Keep to a regular schedule as much as possible
 - Get regular sleep
 - Practice and teach others hand hygiene, avoid crowds, and stay home when sick
 - [Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease](#)
 - How to talk to kids:
 - [“Talking to Children about COVID-19 \(Coronavirus\): A Parent Resource”](#), National Association of School of Psychologists
 - [A Comic about Coronavirus for Older Kids](#)
- “Social Distancing” does not mean Social Isolation
 - Continue to connect with others, by video chat, text messages, phone calls, 6 feet apart small personal gatherings if everyone is healthy.
 - Check in with especially vulnerable populations, such as the elderly or those who are on quarantine. Nursing homes and extended care centers can be a very isolating place and they are restricting visitors for the safety of those patients. Please reach out virtually or by phone to your friends and family members in those settings even more frequently.
- Make sure that you aren’t stigmatizing others over their risk. For more information, please refer to the [CDC’s guide to reducing social stigma](#).

If you are worried you have Coronavirus or may have been exposed, please call your healthcare provider or use an urgent care telehealth platform if you have access to one, so you can be screened and receive the guidance you need.