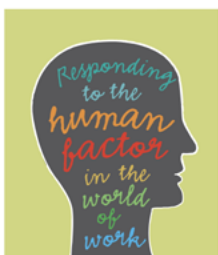


Coping Strategies During COVID-19



If you are feeling emotional distress related to COVID-19, consider these tips to help you cope:

- Set a limit on media consumption, including social media, local and national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the pandemic.
- Get accurate health information from reputable sources.
- Talk to a counselor. This is a great time to access your free and confidential counseling benefit provided by Claremont EAP.
- If you are thinking about suicide or worried about a loved one, call the Suicide Prevention Line at 800-273-8255. It is available 24/7.



CLAREMONT EAP

Call Claremont EAP to access your free and confidential counseling benefit:

800-834-3773

ClaremontEAP.com | PositivityCenter.org

COVID-19 RESOURCE CENTER

Easy access to global news & Claremont EAP resources

ClaremontEAP.com