



Carilion Employee Assistance Program is proud to support the employees and dependent family members of The Town of Christiansburg. To access your session benefit, please call (540) 981-8950, Option 2 or 1-800-992-1931. Our consultants are positioned to meet with you by phone or HIPPA compliant Telehealth Platform. We are dedicated to helping you through this pandemic and assisting in providing needed resources.

### Managing Stress During this Challenging Time

During this challenging time, it is normal to experience a range of emotions. Managing stress is a strong way to keep ourselves healthy and functioning, both at work and in our personal lives.

Keep in mind, moving through the challenges in life successfully provide the greatest personal growth.

Please consider the following tips and we hope you find them helpful.

Tips:

- Maintain Perspective
  - Limit exposure to social media and news related to the Coronavirus.
  - Focus on what you can control:
    - Engaging in practices of hand washing, keeping hands away from your face, social distancing
    - Focus on gratitude and appreciation
    - Focus on the present... Be careful about predicting the future
- Maintain a routine
  - Keep normal bedtimes, mealtimes, work schedules
  - Exercise and stay hydrated
  - It's important to stick to routines and stay flexible
- Manage decisions making in emotionally distressing situations
  - If you are experiencing intense emotions at work, consider the following:
    - Seek a leader's support
    - Find a private space
    - Take slow deep breathes
    - Communicate your concerns
    - Ask for what you need