

APRIL HEALTH THEME: COPING WITH ANXIETY AND STRESS

The situation relating to COVID-19 is unfolding with news reports, travel restrictions, changes to work arrangements and concerns for your own and your loved ones' health. It is normal for people to experience a wide range of thoughts, feelings and reactions including:

- feeling stressed or overwhelmed
- anxiety, worry or fear
- sadness, tearfulness
- loss of interest in usually enjoyable activities
- frustration, irritability or anger
- feeling helpless
- fatigue
- difficulty concentrating
- difficulty sleeping
- physical symptoms, such as:
 - increased heart rate
 - stomach upset
 - low energy



Strategies to help you cope with stress and anxiety over COVID-19

1. **Acknowledge your feelings**
 - Allow yourself time to notice and express what you are feeling
2. **Maintain your day-to-day normal activities and routine where possible**
 - Eat healthy meals
 - Do some physical exercise
 - Get plenty of sleep
 - Keep doing things you enjoy
3. **Stay connected**
 - Spend time with your family
 - Spend time with supportive friends, remembering to maintain 1.5m distance between you
4. **Seek accurate information**
 - Find credible sources you can trust to avoid fear and panic caused by misinformation.
5. **Set limits on news and social media**
 - Take a break from news and social media
 - Focus on things that are positive in your life and actions you have control over
6. **Stay up to date with Management's advice and support**
 - Check for regular TOKSAVES

Talking about your experience to people you trust can help. Contact your family and friends.



OR Contact Employee Assistance Office (counsellor)
mobile 7091 2951 | phone 649 5688
| joachim.toravit@oktedi.com



These things can help you to cope with stress and anxiety of COVID-19



Enough Sleep



Healthy Food



Physical Activity and Time with Family and Supportive Friends



Focus on the positives!



GET ACCURATE INFORMATION:
STAY UP TO DATE WITH MANAGEMENT'S
ADVICE AND SUPPORT (TOKSAVE)