

Workplace Employee

September 2020

Testimonials

Here are some quotes from employees who recently called on Concern for a Counseling Consultation:

"The session with the counselor went great last night. Thank you for all of your help and support. This has been stressful and you literally took a weight off my shoulders. Thank you for being so kind and wonderful."

"Thank you for providing a very helpful service! It has made a tremendous difference for me."

"It was super easy and our therapist was wonderful. I have already recommended her to several of my friends and family."

"When I first called, I was received with great kindness and sincere help."



Tips for Success Managing Pandemic Fatigue

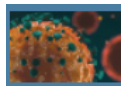
After months of dealing with the fallout from COVID-19, many people have pandemic fatigue. It's a very real feeling of exhaustion stemming from the effects of the coronavirus in your life—from stay-at-home orders to the fear of getting ill to losing jobs.

Abnormal is the new normal. It's perfectly normal to feel burned out right now. And while pandemic fatigue is definitely a challenge, there are ways to help yourself and help others. It starts with understanding why so many people feel frazzled.

What is Pandemic Fatigue? Wrestling with intense emotions day after day drains your energy, causing pandemic fatigue. The fatigue can stem from any number of emotions you've experienced during the pandemic, including fear, anxiety, loneliness, and hopelessness.

Signs of Pandemic Fatigue. The hallmark sign of pandemic fatigue is a sense of inner weariness. You may also feel helpless, sad, worried frustrated, and irritable.

Check Out Concern's Coronavirus Resources



Coronavirus Resources

Concern is closely monitoring the COVID-19 situation. The health of employees and their dependents is our top priority. As we continue to react to the outbreak, Concern will post new tips and resources for you, your workforce, and the people you care about. Go to employees.concernhealth.com and login with your company code.

You may also notice that you:

- Eat or sleep more or less than usual
- Have trouble focusing (brain fog)
- Feel edgy or nervous
- Snap at or argue with others
- Lack motivation
- Are unable to stop racing thoughts

Healthy Ways to Cope

Adapting to the increased uncertainty of the pandemic is challenging. To reduce the toll it takes, pay attention to your emotional and physical needs. Try these tips to help renew your energy and feel more in control.

Take care of your body. When you're wrapped up in what's going on at work and at home, it's easy to forget to take care of yourself. Be sure to get enough sleep (at least seven hours a night) and maintain a nutritious diet.

Limit your news intake. It's good to stay up to date on the latest coronavirus information. But too much news can overload you with negative emotions and zap your energy. Take a break from the news for a day or two and see if you feel better. You can also choose an alternate source of reliable information about the pandemic, such as the [CDC](#).

Lower your stress. Focusing on activities that are calming or bring you joy can lower your stress level. Whether it's cooking a fancy meal or practicing meditation for 15 minutes a day, anything that offers you stress relief can be helpful. Consider breathing exercises, yoga, nature walks, reading, watching a comedy.

Connect with others. Humans are social creatures by nature. Being alone and feeling isolated can be stressful, so it's important to connect with others during the pandemic. Although you should limit physical contact with people outside your household, there are other safe ways to connect socially. You can make phone calls, arrange video meetings, chat on social media, write letters, take a live class online, or attend online religious services.

Accept your feelings. Challenging situations stir up a mix of emotions. Ignoring them doesn't make them go away. Acknowledge your feelings instead. Then refocus your mind and energy on things you can do to feel better. If you feel overwhelmed or your emotions are getting in the way of your daily activities, consider reaching out to Concern, to a trusted friend or family member, or to a health care provider. Protecting your emotional wellbeing is just as important as caring for yourself physically.

Try positive self-talk. Sometimes fear and anxiety can make our minds leap to the worse scenario, even if it's most unlikely. Try catching those negative thoughts and replacing them with more realistic statements. For example, replace thoughts about acquiring COVID-19 with what you are doing to stay safe.

Create new traditions. Usher more joy in your days by creating new traditions. You'll have something fun to look forward to and you might even decide to keep it up once the pandemic has passed. For instance, you might set aside Sunday nights for self-care. Or focus on a hobby such as playing guitar, gardening, or scrapbooking. Do something that makes you feel good.

Check with Concern for other resources

Concern can also help locate various resources that may be useful during this time, including child care options and mental health providers. Also go to Concern's Coronavirus Resource Center for tips about working from home, dealing with anxiety, or safely returning to the office. Call 800-344-4222 or go to [employees.concernhealth.com](#) for more information.

Source: [UCLA](#), [UC Davis](#) ([click here for full articles](#))

Employees and eligible dependents can request Concern counseling and work/life services 24/7 by calling or visiting our website.

Call: 800.344.4222
[employees.concernhealth.com](#)