



### **Faculty & Staff - Managing Your Anxiety Around Coronavirus**

- You are not alone! Many people are experiencing feelings of worry, fear, and anxiety around the Coronavirus (COVID-19).
- Simple hygiene practices can reduce your risk of contracting COVID-19 and other viruses:
  - Wash your hands frequently for at least 20 seconds (sing the happy birthday song twice!) or use alcohol-based hand sanitizer.
  - Cover your coughs and sneezes with your sleeve or a tissue – not your hands!
  - Avoid touching your face with unwashed hands.
  - Stay home if you are not feeling well.
  - Contact your primary care doctor if you have symptoms of fever, cough, or shortness of breath (especially if you have traveled outside of the US in the past two weeks).
  - It's not too late to get your flu shot – it won't prevent COVID-19, but it will lower your risk of influenza, which has similar symptoms.
- Some ideas for reducing stress and anxiety:
  - Limit media exposure and stick to a few trusted sources of information.
  - Avoid isolation and stay connected with loved ones – choose phone calls over texting as hearing the voice of friends and family can be comforting.
  - Stay physically active – walking outdoors in nature when possible.
  - Maintain your routine when possible.
  - Focus on self-care, including eating well and getting enough sleep.
  - Engage in mindfulness and relaxation practice.

If you are feeling stressed and anxious about Coronavirus, please reach out to the Employee Assistance Program (EAP) by calling the 24-hour Helpline: (800) 833-8707.

And for more EAP information you can go to the link:

<https://www.stjohns.edu/about/leadership-and-administration/administrative-offices/human-resources/employee-assistance-program>

For more information and tips, check out this article below:

<https://www.npr.org/sections/health-shots/2020/03/03/811656226/pandemic-panic-these-5-tips-can-help-you-regain-your-calm>