

AUG EAP NOTES: DURING THE PANDEMIC

Series - Ways to Stay Motivated...



The changing reality of this pandemic makes focusing difficult for many, but it also makes it clear that we will be in this “new normal” for the long haul. Below are a couple of tips for staying motivated during this time.

Be okay with not being highly productive right now.

Some days you may not have much ability to focus at all, and that's to be expected! Nobody's life is normal right now. You may find that you have good days where you're highly motivated to get through work and bad days where your motivation is nowhere to be found.

When work seems impossible, *prioritize what you must get done that day — what has a deadline tomorrow, what emails need to be sent before the evening?* Get through high priority tasks first. Don't beat yourself up for not getting through your entire to-do list! It's okay to expect less from yourself right now.

As this new normal sets in, everybody is learning how to best adjust to working from home and being isolated from friends and family. *Staying motivated can be tricky, but you can help make it a bit easier for yourself by setting realistic schedules and taking time to care for yourself.*

Though this pandemic can feel like it will be endless, it will eventually pass. Staying motivated can help refocus our attention away from these stressful changes and towards a more hopeful future.

Prioritize your mental health.

Taking care of yourself can help you to better manage your mental health during this time, so make sure you aren't letting the basics fall through the cracks.

- **Try to move a bit each day** with a walk around your block.
- **Take time to eat balanced meals**, and try not to work through lunch - step away from your laptop and take a lunch break.
- **Maintain a normal sleep schedule**, and get at least eight hours of sleep a night.
- **Allow yourself time to enjoy TV and social media**, but try to reduce how much time you spend listening to pandemic news. Stay informed from reputable sources, but avoid getting wrapped up in constant news coverage that will only heighten your anxiety.

If you're feeling anxious with any COVID-19 issue, call a Best Care EAP counselor. **All sessions with a Best Care EAP counselor are FREE and CONFIDENTIAL. The COVID counseling help line is available 24/7, call (800) 801-4182.**