

EAP Notes:

Patience vs. COVID-19 issues and demands



**We have all heard the saying, “Patience is a Virtue.”
It’s the ability to wait for something without getting angry or upset,
and is a valuable quality in a person.**

With the COVID-19 virus continuing to spread, and more and more people remaining at home, our patience can be easily tested right now. *Being cooped up and not following your daily routine can be unnerving and cause frustration, but it’s important that we keep everything in perspective and treat others with respect and compassion.*

Follow these tips:

- **Relax.** Just taking a few minutes to unwind or escaping for some alone time, can reduce stress and help you deal with others and yourself!
- **Practice yoga or meditation.** Studies have shown that yoga and meditation help improve performance as well as aid with mood swings, depression and anxiety.
- **Practice accepting your current circumstances.** This may mean being stuck in your home. Accept your experience in the moment — even if it’s a little unpleasant. It will pass!
- **Be playful.** If your kids are being silly and rambunctious, join them! Be silly, laugh it up! Being less serious at a time like this can elevate your mood and in turn, make you more patient with those around you.
- **Practice listening.** Listen carefully to what others are saying, rather than jumping to conclusions or tuning them out. Focus on understanding and empathy, rather than on formulating your response.
- **Don’t sweat the small things.** If you don’t have time to clean the house, if your laundry is piling up, if you haven’t checked messages on email... stay calm, these things can all wait. They will get done in due time.

Let’s all work on having a little more patience with our loved ones, co-workers and ourselves during this time. In doing so, you will be able to invest meaningful time in your relationships without giving up or giving in.

If you feel overwhelmed, less patient and need someone to talk to, give Best Care EAP a call at **402-354-8000** or **800-801-4182** or email eap@bestcareeap.org.
Counselors are just a phone call away.