

WE ALL NEED HELP FROM TIME TO TIME

Take Care of Yourself During COVID-19



Watch for signs of burnout or stress

Signs can range from depression, irritability; fatigue; and frustration, to more serious signs of being worried too much or easily startled, even having nightmares.



Make time to unwind

Take time every day to do things you enjoy.



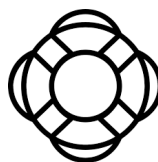
Take care of your body

Eat healthy, do some type of regular exercise, and get enough sleep.



Get support from team members

Set up a buddy system for staff to share concerns, talk about stress, watch over each other's safety and well-being, and to check that personal protective equipment is used the right way.



Ask for help when you need it

If COVID-19 has added a heightened level of anxiety to your work life, you do not have to go through it alone. Counselors are just a phone call away - call **Best Care EAP 402-354-8000**.



Develop healthy ways to cope with stress

Take breaks from work, eat healthy foods, exercise, and socialize with friends and family. Do not use drugs and alcohol as a way to cope.



Limit your news and social media

Repeated reports and posts about the pandemic can be upsetting. Take breaks.



Stay connected

Use technology to talk with friends, family, and colleagues. Share your experiences. Actively listen to others.

Best Care EAP stands by you with services to help process emotions associated with COVID-19.

Services are FREE and CONFIDENTIAL.

To talk to someone 24/7/365, call 402-354-8000!



BEST CARE EAP