MANAGING FEAR AND ANXIETY AROUND COVID-19
ACKNOWLEDGING NEGATIVE THOUGHTS CAN TAKE AWAY THEIR POWER

HOW YOU PERCEIVE A SITUATION AFFECTS YOUR REACTION MORE THAN THE SITUATION ITSELF
Unprecedented

Everyone has a different reaction

Depends on our starting point

Uncertainty adds to the emotions

Social isolation can exasperate our feelings

Fears and Anxiety during a Pandemic
Childhood Fears

- Loud Noises
- Large objects that might seem looming
- Strangers
- Separating from Parents
- Dark
- Snakes
- Spiders
- Scary Current News
Adults Fears

• Public Speaking
• Flying
• Dentist
• Spiders
• Failure
• Losing sense of security
• What are your fears ????
Anxiety

• Worry turns to anxiety, anxiety to fear
• Belief that danger is lurking
• History of Panic disorders, generalized anxiety disorder (GAD)
• Fear and anxiety are normal adaptations that protect us from dangerous situations – we can learn to overcome them
• Such challenging times
• Global fear and anxiety
Understanding The Power Of Your Thoughts

Cognitive Behavioral Therapy – helps people conquer self doubts

1. Identify Negative Thoughts
   • What were you thinking when you started to feel anxious?

2. Challenge Negative Thoughts
   • Question the evidence for your anxious thoughts and analyze unhelpful beliefs
   • What is the realistic chance that your negative thoughts will become reality?

3. Replace Negative Thoughts With Realistic Ones
   • How did you make it through this situation before? What was the outcome?
Mindfulness/Acceptance

- Pay attention to the present moment
- Find the positive moment... no matter what
- Acknowledge your thoughts without judgment
- Taming – do not try to eliminate negative thoughts but examine them and understand their influence on you
- Pay attention to breathing and other physical sensations
- Be sure to pay attention only to the facts (cdc.gov)
- Focus on being rational/logical
- Be determined to stay positive
Suggestions

- Talk to someone or yourself to address your frustrations
- Write about your anxiety
- Ask questions
- Negative feelings will come:
  - What will I do?
  - How will I handle them.
- Allowing them to exist and pass through
- Pick a focal point to focus on to help isolate your thoughts
- Give yourself some compassion – stop beating yourself up
- Change your situation
- Get help
Practice Breathing Exercise

• Take a slow, deep breath in through your nose lasting 5 seconds
• Hold for a few seconds
• Breath out slowly through your mouth
• Repeat 10 times
• Repeat many times during the day
Soothing Techniques

• Deep Breathing: focus on counting your breaths
• Meditation
• Exercise or take a walk
• Positive Affirmations:
  o “I have made it through this situation before, I will get through it again”
• Aromatherapy: Sandalwood, Lavender, Cinnamon
• Guided meditation
  o Walk through a scene
Apps/Movies/Other

Headspace
  • Calm
  • Happify
  • 10% Happier

Feel Good Movies
  • Forrest Gump
  • Driving Ms. Daisy
  • Remember the titans
  • Pursuit of Happiness
THE SINGLE MOST IMPORTANT THING THAT CAN HAPPEN RIGHT NOW IN THIS PANDEMIC IS THAT WE FEEL OUR COLLECTIVITY — THAT WE’RE HERE TO HELP EACH OTHER MOVE THROUGH THIS

- TARA BRACH
Your Kepro EAP

- EAP Services available to employees, any household members and dependents
- Confidential
- EAP Counselors available 24/7/365 via 833-539-7285
- Up to 6 in person counseling sessions, per issue, per year, per household member
- Management Consultations
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- https://sowi.mylifeexpert.com Company code: SOWI
Questions & Answer

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Evaluation