



*Total Wellbeing Solutions for a
Better Employee Experience*

Protecting Your Mental Health During the Pandemic: Winter 2020

Although we're many months into the pandemic, new challenges such as another round of climbing infection rates, cold and flu season, the upcoming holidays, election coverage, and general uncertainty are fueling stress and anxiety among people around the world.

Here are just a few tips that you can consider to prepare for the upcoming winter months:

- **Connect.** By now we're surely tired of saying "I can't hear you, you're on mute." but it's important to stay connected to your circle of family and friends as we prepare to spend more time indoors these next few months.
- **Unplug.** Take breaks from the news, including social media. Hearing about a pandemic or election coverage repeatedly can be stressful. Find other ways to unwind, like reading a book, playing a game, starting a new hobby, or practicing yoga.
- **Take care of your body.** Try to eat healthy, well-balanced meals, and get plenty of sleep while avoiding drugs and alcohol. Incorporate stretching, deep breathing, or meditation into your new daily routine. Consider a flu shot to combat the risk during a heightened cold and flu season.
- **Make a plan for the holidays.** The holidays may look very different for many families. Share your concerns and feelings with your family and make a plan so that everyone understands your position and you can support each other during this difficult time.

Fear and anxiety for many people can be overwhelming now and cause strong emotional reactions. Effective coping mechanisms will help you, the people you care about, and your community stronger. Your NexGen EAP can help you work through some of your concerns during the upcoming winter months.