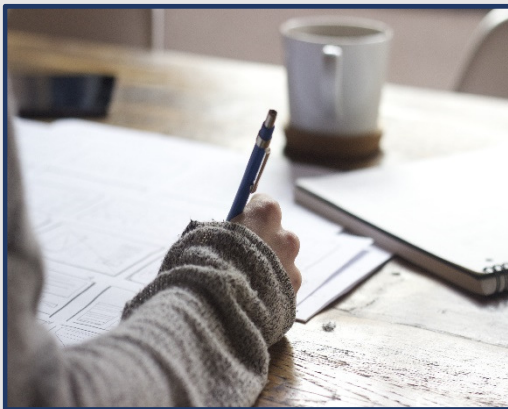


# MENTAL HEALTH MOMENT

# COPING WITH CHANGE

As we adjust to working from home or experience changes to our workplace & home life during the COVID-19 pandemic, it's natural to struggle with maintaining healthy habits. It is not uncommon to experience the following: having trouble sleeping, managing stress, coping with loneliness, digital fatigue and eating disturbances. Here are a few key tips to managing change!



## GROUNDING

Grounding means being engaged in an activity that helps provide a sense of peace. Consider what activities calm you down. Pick activities that give you a sense of competence, mastery or joy. It could be knitting, reading, journaling, meditating, going for a walk or just sitting outside and watching birds. As long as the activity requires you to be focused and present, and gives a sense of relaxation, it can help keep away spirals of negativity often called negative thought loops.

Overwhelmed by overconsumption of media, social media or hypervigilance about COVID-19 and world events? Practice grounding.

## UNDERSTAND LONELINESS

It is important to differentiate social isolation—being alone or away from family, friends, & co-workers which is what is occurring now—from loneliness, which is a person's perception of the **quality** rather than the **quantity** of their social interactions. As the time period of the pandemic lengthens many workers are reporting increased loneliness in adapting to change. Here are some tips:

**Focus on 15:** Make it a goal to call someone and talk for 15 minutes a day. Despite many workers being involved in virtual team meetings we still need 1:1 conversations which allow for more vulnerability, connection & peer support.

**Look for opportunities to serve:** Reach out to a neighbor or co-worker. Send an email of support to a family member or friend. During COVID-19 there is a good chance that many people are seeking connections like you.

**Professional Help:** Now is the time to seek professional help. For some, COVID-19 has resulted in more flexible work environment for employees. Schedule a confidential and private telephone appointment with a therapist today.

**45% of Americans report COVID-19 negatively affecting their mental health**

**20% of Americans reported feeling often or always lonely**

**35 million Americans report living alone**

(Sources: Census.gov, Kaiser Family Foundation)



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