

Feeling Anxious Because of COVID-19?



We are all worried about our health, safety and protecting our loved ones. As the COVID-19 crisis continues, it's more important than ever to protect our mental health and build resilience.

Recognize Anxiety Overload

Anxiety is a signal from our brain that puts us on alert, mentally and physically, to both real and perceived dangers. It's normal to feel anxious right now. But anxiety overload can cause real symptoms and problems.

Be aware of the signs: restlessness, aches and pains, sweating, heart pounding, stomach problems, difficulty concentrating, feeling on edge, excessive worrying, irritability, obsessions, uncontrollable behaviors and fearfulness.

Try Mindfulness to Help Manage Anxiety

Mindfulness is a useful tool that you can practice easily by paying close attention to yourself and your surroundings.

The goal is to be present and notice what is going on within yourself. Listen to how you are feeling, without any distractions or the need to do anything. This allows us to process thoughts and information calmly so we can move forward in a less reactive way.

You can practice mindfulness in several ways. Learn relaxation and breathing techniques. Try meditation. Take time to reflect and ask yourself questions such as:

- Are my thoughts out of proportion to what is actually happening?
- Am I acknowledging my feelings?
- Am I giving myself enough credit for all the things that I am doing?

You can learn more about mindfulness and stress reduction on the Sutter Health website.

Reach Out for Help

Your mental health is important to your physical health and your overall wellbeing. Notice if your anxiety is escalating. If you want more help, contact Sutter Health's Employee Assistance Program (EAP). We are here for you.

Sutter Health EAP provides employees and family members with referrals to licensed, professional therapists who can help with personal problems. We also provide referrals for caregiving, legal and financial resources. The services are free and confidential.

**For more information, visit sutterhealth.org/eap
or call 800-477-2258 to learn more about your benefit.**