

# CONNECTIONS

APRIL, 2020

VOLUME 6, ISSUE 4

## Building your Resilience

By American Psychological Association

We all face trauma, adversity and other stresses. Here's a roadmap for adapting to life-changing situations, and emerging even stronger than before.

Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?

Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river adventure. You will also emerge a more confident and courageous rafter.

### What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events, much like rough river waters, are certainly painful and difficult, they don't have to determine the outcome of your life. There are many aspects of your life you can control, modify and grow with. That's the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.



Hello City Employees!

This month we are bringing parts of Mental Health America's *May is Mental Health Month Toolkit* to you a little early because it includes supportive information to assist you and your families during the response to COVID-19.

We also wanted to include some supportive information for frontline workers who are unable to work from home during this time. Thank you for your significant contributions responding to the needs of our community, we in EAP want to express our sincerest gratitude to you for the work you do.

And to all City employees, please consider submitting a photo or short description of something *you* are grateful for and we will share these in next month's newsletter. Gratitude is an important factor in building resilience!

Be safe and well,

~ The EAP Team



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## What resilience isn't

Being resilient doesn't mean that a person won't experience difficulty or distress. People who have suffered major adversity or trauma in their lives commonly experience emotional pain and stress. In fact, the road to resilience is likely to involve considerable emotional distress.

While certain factors might make some individuals more resilient than others, resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts and actions that anyone can learn and develop. The ability to learn resilience is one reason research has shown that resilience is ordinary, not extraordinary. One example is the response of many Americans to the Sept. 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives after tragedy.

Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components—connection, wellness, healthy thinking and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather—and grow from—the difficulties, use these strategies.

## Build your connections

- **Prioritize relationships.** Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings, which will support the skill of resilience.

The pain of traumatic events can lead some people to isolate themselves, but it's important to accept help and support from those who care about you. Whether you go on a weekly date night with your spouse or plan a lunch out with a friend, try to prioritize genuinely connecting with people who care about you.

- **Join a group.** Along with one-on-one relationships, some people find that being active in civic groups, faith-based communities, or other local organizations provides social support and can help you reclaim hope. Research groups in your area that could offer you support and a sense of purpose or joy when you need it.

## Foster wellness

- **Take care of your body.** Self-care may be a popular buzzword, but it's also a legitimate practice for mental health and building resilience. That's because stress is just as much physical as it is emotional. Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.
- **Practice mindfulness.** Mindful journaling, yoga, and other spiritual practices like prayer or meditation can also help people build connections and restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you're grateful for, even during personal trials.
- **Avoid negative outlets.** It may be tempting to mask your pain with alcohol, drugs or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

## Find purpose

- **Help others.** Whether you volunteer with a local homeless shelter or simply support a friend in their own time of need, you can garner a sense of purpose, foster self-worth, connect with other people and tangibly help others, all of which can empower you to grow in resilience.
- **Be proactive.** It's helpful to acknowledge and accept your emotions during hard times, but it's also important to help you foster self-discovery by asking yourself, "What can I do about a problem in my life?" If the problems seem too big to tackle, break them down into manageable pieces.

For example, if you got laid off at work, you may not be able to convince your boss it was a mistake to let you go. But you can spend an hour each day developing your top strengths or working on your resume. Taking initiative will remind you that you can muster motivation and purpose even during stressful periods of your life, increasing the likelihood that you'll rise up during painful times again.

***What are you grateful for? Send a description or a picture to [eap@cityofmadison.com](mailto:eap@cityofmadison.com) and we'll share it in the May newsletter. Just let us know if we can share your name and department, otherwise all submissions will remain anonymous.***

- **Move toward your goals.** Develop some realistic goals and do something regularly—even if it seems like a small accomplishment—that enables you to move toward the things you want to accomplish. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?” For example, if you’re struggling with the loss of a loved one and you want to move forward, you could join a grief support group in your area.
- **Look for opportunities for self-discovery.** People often find that they have grown in some respect as a result of a struggle. For example, after a tragedy or hardship, people have reported better relationships and a greater sense of strength, even while feeling vulnerable. That can increase their sense of self-worth and heighten their appreciation for life.

## Embrace healthy thoughts

- **Keep things in perspective.** How you think can play a significant part in how you feel — and how resilient you are when faced with obstacles. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. For instance, if you feel overwhelmed by a challenge, remind yourself that what happened to you isn’t an indicator of how your future will go, and that you’re not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.
- **Accept change.** Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- **Maintain a hopeful outlook.** It’s hard to be positive when life isn’t going your way. An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.
- **Learn from your past.** By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you’ve been able to find strength and ask yourself what you’ve learned from those experiences.

## Seeking help

Getting help when you need it is crucial in building your resilience.

For many people, using their own resources and the kinds of strategies listed above may be enough for building their resilience. But at times, an individual might get stuck or have difficulty making progress on the road to resilience.

A licensed mental health professional such as a **psychologist can assist people in developing an appropriate strategy** for moving forward. It is important to get professional help if you feel like you are unable to function as well as you would like or perform basic activities of daily living as a result of a traumatic or other stressful life experience. Keep in mind that different people tend to be comfortable with different styles of interaction. To get the most out of your therapeutic relationship, you should feel at ease with a mental health professional or in a support group.

The important thing is to remember you’re not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life’s challenges you can manage with the support of loved ones and trusted professionals.



# CREATING HEALTHY ROUTINES



Work, paying bills, cleaning, cooking, shopping, exercising, getting enough sleep, and taking care of children are just some of the things millions of Americans do each day and it is easy to be overwhelmed. It can feel impossible to get everything done, let alone take care of yourself – especially if you're already struggling with a mental health concern like depression or anxiety. By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

## TIPS FOR SUCCESS



**Create the routine that is right for you.** We don't all have the same schedules or responsibilities and some of us struggle with certain parts of daily life more than others. All healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same. In fact, your routine may not even be exactly the same every day.



**Start small.** Changing up your day-to-day routine all at once probably won't end up with lasting results. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.



**Add to your existing habits.** You probably already have some habits worked into your routine, like drinking a cup of coffee in the morning. Try adding new habits to existing ones. For instance, if you want to read more, you could set aside ten minutes to read while you have your coffee (instead of drinking it on your drive to work).



**Make swaps.** Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, if you feel sluggish in the afternoons and eat sugary snacks for a quick pick-me-up, try taking a brisk walk instead to get your blood pumping and endorphins flowing. Or if you find yourself having a few alcoholic drinks after a long stressful day, try sipping hot tea instead.



**Plan ahead.** When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. By doing things like prepping meals ahead of time, picking out an outfit the night before work, or having an alternate home workout option for the days you can't make it to the gym, you help set yourself up for success even when you're hurried.



**Make time for things you enjoy.** Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing—it will release chemical messengers in your body that are good for your physical and mental health.



**Reward yourself for small victories.** Set goals and celebrate when you reach them. Have you added exercise to your weekly routine and worked out every day as planned for the last couple weeks? Treat yourself! Watch a movie you've been wanting to see or try out that new video game.



**Don't beat yourself up if you miss a day.** Making life changes can be hard and you might forget to do something that is new to your routine every once in a while. You don't have to be perfect, just try to do better the next day.

## FAST FACTS



When it comes to diet, sleep and exercise, having good, strong routines is linked to improved mental and physical health.<sup>1</sup>



People with more daily routines have lower levels of distress when facing problems with their health or negative life events.<sup>2</sup>



It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 ½ months.<sup>3</sup> Don't give up!

IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

### Sources

<sup>1</sup>Haines, J., McDonald, J., O'Brien, A., Sherry, B., Bottino, C., Schmidt, M.E., Taveras, E.M. (2013) Healthy habits- happy homes: randomized trial to improve household routines among pre-school-aged children. *JAMA Pediatrics*, 167, 1072-1090.

<sup>2</sup>Williams, J. (2000) Effects of activity limitation and routinization on mental health. *The Occupational Therapy Journal of Research*, 20,1005-1055.

<sup>3</sup>Lally, P., Van Jaarsveld, C.H.M., Potts, H.W.W., Wardle, J. (2010). How are habits formed: Modelling habit formation in the real world. *Eur. J. Soc. Psychol.*, 40, 998-1009.

# PLANNING YOUR ROUTINE

**WHAT ARE SOME THINGS YOU WANT TO BE PART OF YOUR ROUTINE?**  
 Examples: exercise, reading, quality time with my kids

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**WHAT GETS IN THE WAY OF YOU ACCOMPLISHING YOUR GOALS OR TASKS ABOVE?**  
 Examples: working overtime, needing new glasses, too tired

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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**WHAT ARE THINGS YOU CAN DO TO ADDRESS THE BARRIERS YOU WROTE DOWN IN THE BOX TO THE LEFT?**  
 Examples: start with a 30 min walk, go to bed earlier

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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Use this calendar to lay out things you can change and incorporate into your schedule. The calendar can include specific things you want to incorporate into your routine (like a specific exercise), or changes you need to make to reduce barriers (like going to bed early). Use the support column to think of people or things you can use to help you accomplish your goals.

ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	SUPPORT

**HOW CAN YOU REWARD YOURSELF FOR SUCCESSFULLY MAKING NEW THINGS PART OF YOUR ROUTINE?** Example: if I walk for 30 min, 3 times per week for 2 weeks, I can treat myself to a dinner out.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# FINDING THE POSITIVE AFTER LOSS

TOOLS  
2  
THRIVE

At some point in our lives we will all experience loss. It may be the end of a relationship, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally.

## TIPS FOR GETTING BY



**Try to see your experience as strength.** When bad things happen they can be painful to go through, but as you continue to live your life without the person, thing, or situation you once had, you become a stronger person. Going through a loss and learning to carry on helps give you the skills to deal with tough situations in the future.



**Learn from others.** You are not alone! There may be support groups in your community to help you get through whatever loss or tragedy you've gone through. If you're not ready to talk about things face-to-face or can't find the right kind of support group, the internet is full of places where people gather online to talk about their shared experiences. Share your story. Ask questions about how other people got through tough times to remind yourself that if they can do it, you can do it too.



**Look for opportunity amid adversity.** Sometimes loss opens us up to new possibilities. You may feel guilty or selfish at first for exploring these thoughts, but there is nothing wrong with looking for ways to improve or change your life after something tragic has happened. The end of a romantic relationship or death of someone that you had been caring for may free you up to spend more time with friends or pursue interests that you've been putting on the back burner. If you've lost your home to disaster, you might consider relocating to that place you've always dreamed of living.



**Remember the good times.** When you've lost something you love, it is almost automatic to focus on the pain that you are feeling about your loss. By remembering the good times you had in a certain place, with a pet, or with a person, you're practicing gratitude for having had those experiences. It can be even more helpful to have someone else who is sharing your loss join you in reminiscing. Maybe you'll even be able to share a laugh together.



**Do what makes you happy.** Pampering yourself can help you remember how to feel good after dealing with a negative or tragic situation, and bring you back to a place where you can appreciate all the positive things that life has to offer. You might choose to do something exciting or something relaxing—it's all about doing whatever you love.



**Find ways to honor your loss.** By memorializing the loss of a loved one, you help keep their memory alive. You may choose to create a fundraiser for a special cause in their name, plant a tree in one of their favorite places, hang their pictures in your home, create a memorial web page or Facebook page, do some of the activities they enjoyed, or even get a tattoo that reminds you of them.



**Don't be afraid to get help.** It's perfectly normal to have trouble adjusting to life after something bad has happened to you, but if you find it's been weeks or months and you can't seem to function or just don't know what to do to feel better, it's time to get help. Your employer may have an Employee Assistance Program (EAP), you can get a referral for a mental health professional from your primary care provider, or if you don't have insurance you can look for services with payment assistance at [findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov).

### Sources

<sup>1</sup>WebMD. (2019). *Grief: Beyond the 5 Stages* conducted by AmeriSpeak. Retrieved from <https://www.webmd.com/special-reports/grief-stages/20190711/the-grief-experience-survey-shows-its-complicated>.

<sup>2</sup>ibid.

<sup>3</sup>ibid.

## FAST FACTS



**You are not alone!** Nearly 60% of people have experienced a major loss in the last 3 years.<sup>1</sup>



**Healing takes time.** Following a loss, nearly half of people said it took up to 6 months for their strong feelings of grief to lessen.<sup>2</sup>



**You might literally hurt.** Over <sup>2</sup>/<sub>3</sub> of people who went through a life-changing event had physical symptoms while they were grieving.<sup>3</sup>

**IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.**



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

**MHA**  
Mental Health America

# LOOKING FOR GOOD

Changing the way we see negative situations, reframing common negative thoughts, and practicing gratitude have been shown to reduce sadness and anxiety. This worksheet walks you through different ways to rethinking situations or thoughts.

**WHAT IS THE SITUATION YOU ARE FACING THAT MAKES YOU FEEL BAD? OR WHAT IS A COMMON NEGATIVE THOUGHT YOU STRUGGLE WITH?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**REFRAME**

**EVEN THOUGH THE SITUATION IS HARD, IS THERE SOMETHING YOU HAVE LEARNED FROM IT OR SOME OTHER SILVER LINING? IF YOU COULD GO BACK AND CHANGE THE ORIGINAL THOUGHT, WHAT'S A HEALTHIER THING YOU CAN SAY TO YOURSELF?**

For instance, if you've just lost a loved one after they have been extremely sick, does it feel healthier to think about their death as an end to their pain?

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**GRATITUDE**

**ARE THERE OTHER THINGS GOING ON IN YOUR LIFE THAT YOU ARE THANKFUL FOR?**

This doesn't have to be related to the situation above. For instance, you can be thankful for your good health, having a stable home to live in, or a recent promotion at work.

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\_\_\_\_\_

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**REMINDE YOURSELF**

**HOW CAN YOU REINFORCE YOUR REFRAMED THOUGHTS AND REMIND YOURSELF OF WHAT YOU ARE THANKFUL FOR? MAKE A LIST OF WAYS.**

Example: Copy what you've written in the boxes above onto post-it notes and stick them in places around your house as visual reminders.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# COVID-19 AND YOUR MENTAL HEALTH

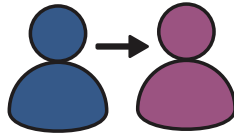
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

## YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress



Not being able connect with friends and family the way you're used to



Shortages of certain common supplies

## REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

### YOUR MIND AND BODY



- Keep a healthy diet
- Exercise at home
- Get enough sleep
- Do not smoke or drink alcohol excessively
- Take care of your mental health
- Maintain self-care and personal hygiene

### YOUR IMMEDIATE ENVIRONMENT



- Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
- Make responsible choices about when to leave the house and only go out if necessary
- Limit the number of people you come into contact with
- Work from home if you are able to



**WHAT YOU CONSUME**



- Don't overdo your news and information intake
- Get your information from reliable sources like the CDC or WHO
- Watch TV, movies, and videos that make you feel good

**HOW YOU PREPARE**



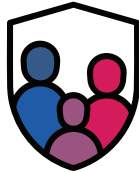
- Keep 2-4 weeks of food on hand
- Avoid overstocking on supplies that are in high demand so other people can have enough of the essentials too
- If you take medication, get refills and keep a month's supply at home if possible

**HOW YOU PROTECT YOURSELF**



- Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid greeting people by shaking hands, kissing or hugging
- Keep 6 feet of distance between you and anyone who is coughing or sneezing

**HOW YOU PROTECT OTHERS**



- Stay home if you are sick aside from getting medical care
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces

## SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



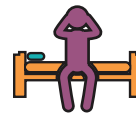
Stomach and digestion problems



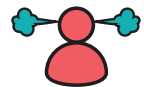
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

# MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

# WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

## Mental Health Screening

If you feel like you are struggling with your mental health, visit [mhascreening.org](https://mhascreening.org) to check your symptoms.



It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

## Crisis Hotlines and Textlines

If you are experiencing emotional distress related to the COVID-19 pandemic, crisis counselors are available 24/7, 365 days a year. Call 1-800-985-5990 or text "TalkWithUs" to 66746.



If you are in crisis or or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Call 1-800-273-8255 (TALK) or text "MHA" to 741741.

Find more information and resources about COVID-19 and mental health at [mhanational.org/covid19](https://mhanational.org/covid19).

[/mentalhealthamerica](https://www.facebook.com/mentalhealthamerica)  
[@mentalhealtham](https://twitter.com/mentalhealtham)  
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)  
[/mentalhealtham](https://www.pinterest.com/mentalhealtham)  
[/mentalhealthamerica](https://www.youtube.com/mentalhealthamerica)  
[www.mhanational.org](https://www.mhanational.org)

# Essential workers: How to keep yourself and loved ones safe

By Ken Harris, OSF HealthCare (Used with the permission of OSF HealthCare)

Don't bring your work home with you, so the saying goes. It's a catchy way to remind you to keep your work separate from your private life. It has traditionally been a mental health call to action, but it has taken on a whole new meaning for essential workers during the outbreak of the novel coronavirus (COVID-19).

Essential workers risk exposure to COVID-19 every time they report for duty, and they risk bringing the virus home and exposing their family to risk every time they return home when their shift is done. It's a legitimate concern, and it can add to the stress essential workers feel as they do their part.

That's why it's important for essential workers to monitor and take care of both their mental and physical well-being. These tips provide some helpful guidance.

## At work

### **Keep personal items away from work areas.**

Personal items, including your cell phone, should be stored in your locker or break room, away from areas where they can come into contact with other people. This reduces the likelihood of these items becoming contaminated. Also, always wash your hands before touching your phone, and disinfect your phone often—at least daily.

### **Check in with yourself. Acknowledge your feelings.**

Let go of what you can. Understand it's natural to feel what you are feeling—worry, joy, hope, anxiety and sadness. Pausing for a moment can help you center yourself and find your strength.

### **Consider three things that went well today.**

Be proud of the service you provided today. Remind yourself that despite obstacles or frustrations, you are doing something important to a lot of people.

### **Check on your fellow workers before you leave.**

Are they OK? Listen, share stories and swap compliments. If someone needs more support, help them find the services they need. Helping each other is how we will all get through this.

### **Are you OK?**

Your leaders and fellow workers are there to listen and support you, as well. Your well-being is important, so don't hesitate to seek out help, even if you simply need someone to extend an ear.

### **Wash your hands.**

Clean your hands before leaving work with soap and water, washing up to your elbows.

## At home

### **Keep germs out of your home.**

Before you enter your home, follow these steps.

- Have a pair of house shoes by the door to change into, and set up a place to isolate any items that cannot be washed and you do not want to bring indoors.
- Immediately remove your clothing and place it in a specially designated hamper by the door. Use a garbage bag to line the hamper, and wash the clothes immediately when you get inside using the warmest water temperature recommended on the clothing label.
- Wash or sanitize your hands and wipe down your phone.
- Some health care professionals suggest showering immediately upon returning home, as well, to make sure no dangerous germs are still on your body.

### **Meet your basic needs.**

Be sure to eat, drink and sleep regularly.

### **Take breaks.**

Give yourself a rest from thinking about work. Take a walk, listen to music, read a book or talk with a friend.

### **Limit media exposure to stories that elevate your fear.**

Stay informed but know your limits for imagery and worrisome messages that increase your stress. Exceeding limits can harm your overall well-being and reduce your personal and professional effectiveness.

### **Monitor your health.**

Monitor yourself for any symptoms of COVID-19 and take your temperature twice per day. If you have a fever or are not feeling well, please do not go to work.

*While you work to protect the physical health of yourself and those around you, remember to take care of your mental health, too. Call your EAP at 266-6561 to schedule a telephone consultation or receive assistance with a referral for teletherapy.*

# CALM

Consume Less,  
Create More



produce something out of nothing

Action Focused



seek solutions to problems and  
act on those solutions

Lean in and Learn



What new information can I  
learn from this unique time?

Move Forward



think optimistically  
about the future



As part of our mission to serve individuals and families, the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) strives to stay in touch with people who have contacted us for continual support and information.

We have created the **CALM** infographic to provide you with information about caregiving for a loved one with Alzheimer's disease and related dementias during a difficult time.

We hope this infographic offers you words of encouragement. This is not only for caregivers, but for anyone and everyone in a time of high stress.

We will continue to do everything we can to help families affected by Alzheimer's disease. We are working on offering our support groups held via phone or webinar for emotional, educational and social support. Call our Helpline, **888-308-6251** or send an email to [support@alzwissc.org](mailto:support@alzwissc.org). A Dementia Outreach Specialist is available to discuss any issue, problem solve or develop a plan to help in the care of your loved one.

Stay CALM and carry on!

When we are  
no longer able  
to change  
a situation, we are  
challenged to  
change ourselves.

Viktor Emil Frankl

Please visit the EAP's COVID-19 web page for a variety of resources that you and your family members may find helpful. Resources are being updated often!

*Thanks for reading,  
we hope you found the information useful!*

**You can reach any of us by calling the  
EAP Office at (608) 266-6561**

**External Available 24/7:  
FEI Workforce Resilience (800) 236-7905**

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To learn more about your external EAP services, please contact FEI at 1-800-236-7905 or log on to [feieap.com](http://feieap.com) and type username: madison.