

Steer Clear of Fear

Unfortunately, fear of the unknown is spreading faster than COVID-19. When faced with the unknown, it is natural to have some concern and worries. The problem arises when the concern and worries change to anxiety and panic. Dr. Catherine Belling, Associate Professor at Northwestern's Feinberg School of Medicine, said it best, "There is a difference, however, between anxiety, worry, fear and panic."

To deal with our worries, often people will search for the answers by staying glued to the news, internet and social media. This can result in absorbing misleading and outright incorrect information regarding COVID-19. Other people will channel their worries into action such as panic buying of supplies and materials "just in case." At some point, both groups risk becoming part of a "mob" mentality and can create uncontrollable crowd panic. These outcomes are definitely what you want to avoid.

Below are some steps to take that can help you deal with your concerns and worries with some proactive actions:

- As much as possible, maintain your routines.
- Plan ahead for the things you CAN control. For example, arrange for child care plans if there is a disruption with schools.
- Avoid total isolation; however, you can still plan to evade crowds.
- Sleep is a good boost for your immune system.
- Stress eating and junk food can be hard on your immune system so take control and eat healthy.
- Too much coffee or alcohol can boost anxiety and create more stress.
- Exercise is the best way to calm yourself and boost immune function.
- Reduce your news intake to only 15 minutes a day.
- Take your focus off the noise by planning ways to nurture yourself such as: play a game, watch a happy movie, or practice meditation or yoga. Stay in the moment.
- Remember, the EAP is here to help! Please give us a call if you or your family need support during this time.

IMPORTANT: You can get an interpreter at no cost to talk to your doctor or Health Insurance Company. To get an interpreter or to ask about written information in (your language), first call your insurance company's phone number at 1-800-321-2843. Someone who speaks (your language) can help you. Someone who speaks Spanish can help you. If you need additional help, call the HMO Help Center at 1-888-466-2219.

IMPORTANTE: Puede obtener la ayuda de un intérprete sin costo alguno para hablar con su médico o con su plan de salud. Para obtener la ayuda de un intérprete o preguntar sobre información escrita en español, primero llame al número de teléfono de su plan de salud al 1-800-321-2843. Alguien que habla español puede ayudarle. Si necesita ayuda adicional, llame al Centro de ayuda de HMO al 1-888-466-2219.

An EAP counselor is available 24 hours a day, 7 days a week for emergency and urgent assistance. To schedule an appointment, receive a community referral or for inquiries our office is open 7:30 am to 6:30 pm PST.



The Holman Group
Managed Behavioral Health Care Services

(800) 321-2843 www.holmangroup.com