

MANAGING LIFE

During Times of a
Pandemic Crisis



HUMOR

Now more important than ever!

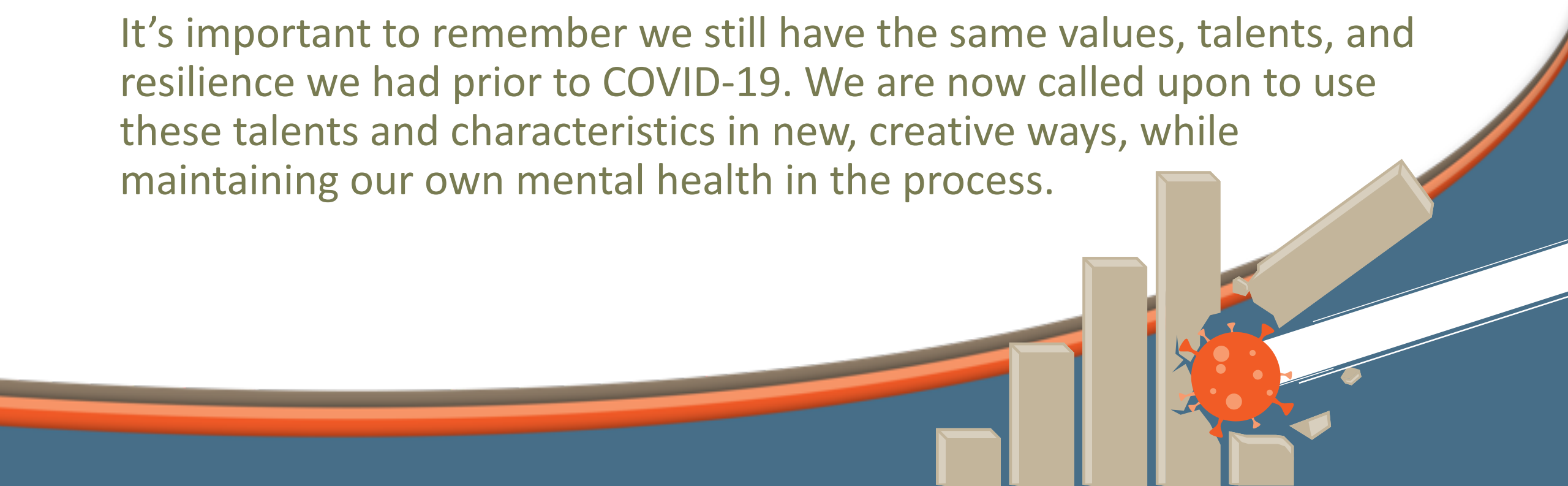
- Humor lightens one's burdens
- Humor inspires hope
- Humor keeps us focused and alert in difficult times



LIVING IN UNPRECEDENTED TIMES

COVID-19 has created a “Global Anxiety” – one of which we have never experienced before. You are not alone; we are all sharing this experience together.

It’s important to remember we still have the same values, talents, and resilience we had prior to COVID-19. We are now called upon to use these talents and characteristics in new, creative ways, while maintaining our own mental health in the process.



REMEMBER YOUR VALUES

Stress and anxiety that comes with along with the unknown impacts how you work and live.

Remind yourself of what you value in life

- Connecting with a loved one
- Lean into your spirituality/religious beliefs
- Spending time on a creative project
- Exercise your body and your brain – think outside of the box!
- Connecting with nature and getting fresh air

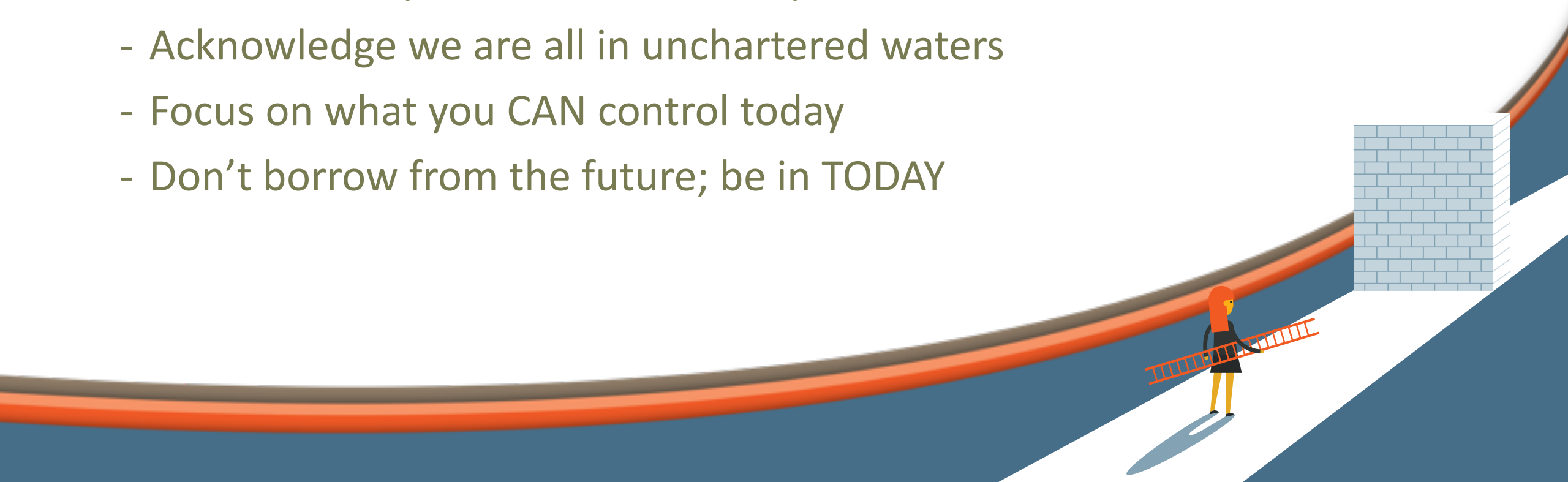


REMEMBER YOUR RESILIENCE

This isn't the first challenge you've faced. So far, you've been 100% successful in getting through your worst or most stressful times.

Take a “One Day at a Time” mentality:

- Acknowledge we are all in uncharted waters
- Focus on what you CAN control today
- Don't borrow from the future; be in TODAY



LIMIT MEDIA EXPOSURE

Get the information you need, from a trusted source, once or twice a day, and then stop

Set limits on media exposure

- Is it increasing agitation?

Trusted sources for updates: [CDC.gov](https://www.cdc.gov)
 [IN.gov/isdh](https://www.in.gov/isdh)



PAY ATTENTION TO SIGNS OF STRESS

- Fear/worry about your own health and the health of loved ones
- Change in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health conditions
- Increased use of alcohol, tobacco, etc.

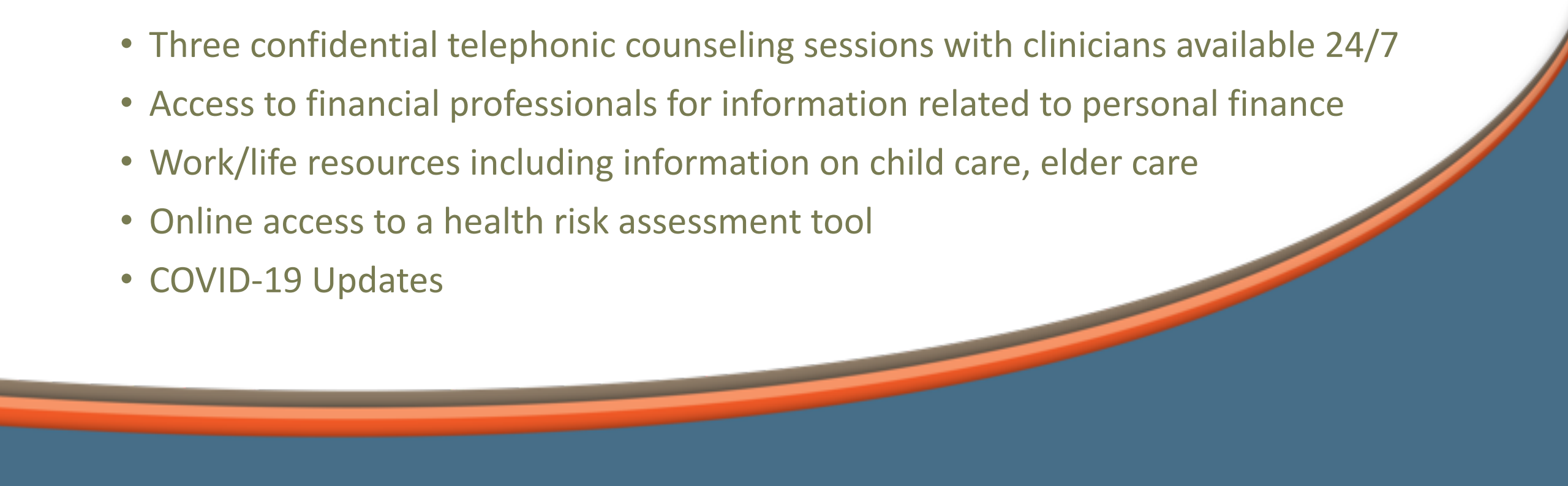


EMPLOYEE ASSISTANCE PROGRAM


800-460-4374

The Justus Company offers an Employee Assistance Program (EAP) , with 24/7 support and resources.

Confidential Services include:

- Three confidential telephonic counseling sessions with clinicians available 24/7
 - Access to financial professionals for information related to personal finance
 - Work/life resources including information on child care, elder care
 - Online access to a health risk assessment tool
 - COVID-19 Updates
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ADDITIONAL RESOURCES

- The Mindfulness App Headspace is offering a free subscription for Healthcare providers during this time.
 - Christina McCann, Justus Care Navigator, is available by phone at **317-650-9606**, to provide assistance and resources
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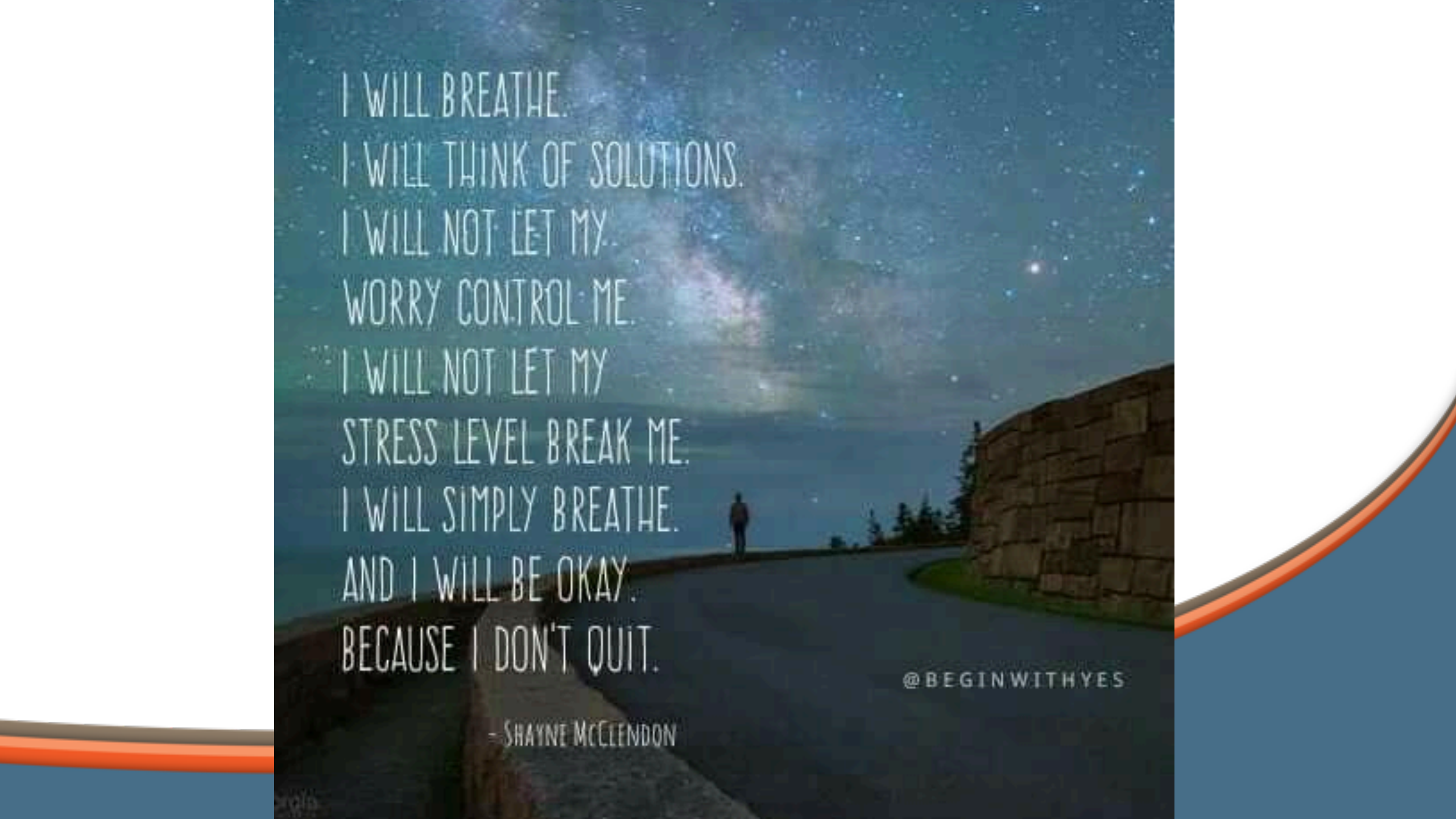
ADDITIONAL RESOURCES

Need help or know someone who does?

- If you or someone you know are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911.
- Visit the [Disaster Distress Helpline](#) or call 1-800-985-5990 and TTY 1-800-846-8517
 - Or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#) or call 1-800-799-7233 and TTY 1-800-787-3224

ADDITIONAL RESOURCES

- CDC Mental Health & Coping During COVID-19
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
- CDC Stigma and Resilience During COVID-19
www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/reducing-stigma.html
- CDC Taking Care of Your Emotional Health; Coping with Disaster or Trauma
www.emergency.cdc.gov/coping/selfcare.asp
- CDC Helping Children Cope with Emergencies
www.cdc.gov/childrenindisasters/helping-children-cope.html

A person stands on a paved path that curves through a dark landscape at night. The sky is filled with stars, and the Milky Way galaxy is visible as a bright, hazy band of light stretching across the upper half of the frame. To the right, a low stone wall runs along the path. The overall mood is contemplative and serene.

I WILL BREATHE.
I WILL THINK OF SOLUTIONS.
I WILL NOT LET MY
WORRY CONTROL ME.
I WILL NOT LET MY
STRESS LEVEL BREAK ME.
I WILL SIMPLY BREATHE.
AND I WILL BE OKAY.
BECAUSE I DON'T QUIT.

- SHAYNE MCCLENDON

@BEGINWITHYES