What to expect next…
Returning to our personal lives

- Anxiety
- Depression
- Job loss
- Working remotely
Health

• Take temperature regularly
• Wash hands diligently
• Continue practicing social distancing
• Limit large groups
• Boost immune system by sleeping well/eating well/exercise
• Be extra vigilant with home cleaning
Finances

• Be prepared

• Underspend when possible

• Check your credit score

• Involve your family with all decisions

• Make a list of what expenses are about to come
Emotions

• Roller coaster ride
• Begin to feel hopeful
• Be mindful of extreme emotions
  o Despondent
  o Fear
  o Rage
  o Hopelessness
• Allow yourself to hope
Family

• May need some time apart (finally)
• Reach out to those that you have missed
• Plan a reunion
• Limit COVID-19 talk
• Remember fun times
• Create new memories
Community

• Get involved
• Find out who needs what
• Donate to healthcare workers
  o Food
  o Gift cards
  o Thank you cards
  o ???
Finally… you!
Thank You

Please contact your Employee Assistance Program with any questions