



beacon
health options



Caring through
COVID-19

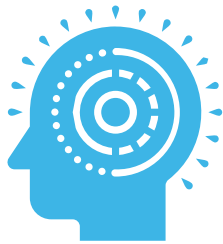




Caring through COVID-19

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
 - Despondent
 - Fear
 - Rage
 - 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
 - Food
 - Gift cards
 - Thank you cards
 - ???

Finally... you!

Thank You



**Please contact your Employee
Assistance Program
with any questions**

