

Your Employee Assistance Program would like to thank you for all the hard work you are doing and the flexibility you are demonstrating during these uncertain times. We recognize that often uncertainty and anxiety go hand and hand. Taking some time each day for intentional, mindful, self-care practice can help us be more calm and focused. State Employees are in the business of serving others, that is why it is so important to invest in our own wellbeing.

Take a scheduled “wellness break” with us each day and listen to one of the following:

1. [Quiet the mind](#)
2. [Putting the brakes on automatic worry](#)
3. [Sitting with stress](#)
4. [Increase compassion to decrease distress](#)
5. [Observing your thoughts](#)

Where can I go for support related to my stress, anxiety, and fears related to the coronavirus?

The current coronavirus outbreak and constant media coverage can be anxiety-producing. While it is important to stay informed, there are things we can do to manage our mental well-being:

- Avoid speculation and get your information from reputable sources such as the official Kentucky Coronavirus Website: (telephone: **1-800-722-5725** / website: <http://www.kycovid19.ky.gov/>).
- Manage how you follow the outbreak in the media. If the news is causing you stress or anxiety, reduce your media intake and refer to the reputable information sources listed in the bullet point above.
- Talk about your fears, anxiety, and stress. The Kentucky Employee Assistance Program provides confidential services for employees. Employees may contact KEAP at 502-564-5788 or (800) 445-5327. Please also review KEAP information at <https://personnel.ky.gov/Pages/KEAP.aspx>.

Here are some additional [tips](#) to help you manage anxiety during this time.

Read a message from the American Foundation for Suicide Prevention on [Taking Care of Your Mental Health in the Face of Uncertainty](#).

Remember [LiveHealth Online](#) is safe way for KEHP members to see a psychologist or therapist at home via smart phone, tablet or computer.

View our recorded webinars:

[Self-Care During Covid-19](#), [Alone at Work: Isolation Risks When Telecommuting](#), [Working at Home with Kids](#), and [Re-entry: Maximizing resilience, flexibility and interpersonal skills as workplaces return to “normal”](#), [What Has the Pandemic Taught Us: Lessons in Adversity](#)



Handouts to accompany recorded webinars:

[Self-Care During Covid-19](#), [Alone at Work: Isolation Risks When Telecommuting](#), [Working at Home with Kids](#), and [Re-entry: Maximizing resilience, flexibility and interpersonal skills as workplaces return to “normal”](#), [What Has the Pandemic Taught Us: Lessons in Adversity](#)

Want to learn more about the importance of intentional, mindful, self-care practice?

Take a look at:

[Relaxation techniques: Breath control helps quell errant stress response](#)

[Body Scan exercise](#)

[The Benefits of Self-Compassion](#)

