Professional Wellness Series

Presented by the University Staff Advisory Committee (USAC)
Surviving Anxieties Associated with Covid
Do you have anxieties related to COVID?

Workplace
Are you dividing your time between many activities?
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Workplace

Holiday Traditions

Family Life

Mental Wellness

Physical Wellness
Do you have anxieties related to COVID?

You are not alone!
Read on for Helpful Resources…
Self Help – Proactive Wellness

- Sturdy Nutrition
- Exercise
- Vitamin D, Zinc, Potassium, Vitamin C
- Rest / Sleep
Sturdy Nutrition for better immunities

Eat from a “Rainbow of Color”

Consume nutrient dense foods

Avoid stress cravings
Exercise

Improve your habits

Put body in motion every day

Set weekly improvement goals

Feel positive of every day efforts
Vitamin C or D, Zinc, Potassium

Fatty Fish
Greens
Nuts
Low-fat Dairy
Beef, chicken, pork, tofu or lentils
Anything that grows in the sun
Beans, squash, potatoes or bananas
And if consumption doesn’t work—use Supplements
Self Help – Proactive Wellness

REST / SLEEP

Limit naps

Drink Less fluids just before bed

Timing is key. Try to go to bed after a ritual of restfulness and calm routines

Plan a comfortable sleeping environment
Are you still struggling?

Read on for additional resources
Your Plan for Health

EAP: Stress Awareness - and - Calm is Contagious

Quick Stress Awareness

Stress can manifest itself in different ways. Be sure to watch for:

- PHYSICAL
  - Tiredness, headaches, back pain, difficulty sleeping, indigestion, tight muscles
- MENTAL
  - Forgetfulness, poor concentration, boredom, worry, poor teamwork
- EMOTIONAL
  - Irritability, depression, anxiety, fear, apathy, increased sensitivity to criticism
- RELATIONAL
  - Loneliness, withdrawal, intolerance, relationship problems
- BEHAVIORAL
  - Procrastination, eating problems, risk-taking, substance abuse, poor time management
- SPIRITUAL
  - Emptiness, loss of beliefs and sense of meaning, cynicism, compassion fatigue

Calm is Contagious

Coping strategies in the moment to get you through:

- SENSIBLE EATING
  - Reduce the amount of caffeine and stimulants you may be consuming. Schedule and take lunch and snack breaks. Eat the RAINBOW and keep a nutritious balanced diet. Keep healthy foods on hand along with water and gum.

- PUSH PAUSE
  - Take breaks and walk outside. If your concentration is off, take a break and do something that calms and centers you. Being cooped up inside can intensify isolation feelings. Identify a designated spot and start time for your work day and follow it.

- RELAXATION
  - Deep breathing is one of the most effective relaxation techniques. It can be performed anywhere, anytime. Breathing helps reduce the stress in the moment. Visit www.go.osu.edu/justrhythm. Repetitive activities can also be calming, such as cleaning and organizing, playing solitaire, art expression. Take a minute to yourself, even if it is just one minute.

- EXERCISE
  - Practice chair yoga, take a quick walk, do some jumping jacks in place.

- COMMUNICATE
  - Tell someone how you’re feeling and ask for help. Tell others when you are reaching your limit. Debrief after a difficult situation. Stay in touch via phone, social media, email, facetime.

- REMIND YOURSELF
  - You are brave and empathetic enough to withstand this distressing time and you make a difference to each person who you help. Affirm that you can and you will get through this.
Your Plan for Health

EAP: Mental Health & Coping with COVID-19

Ohio State Employee Assistance Program

Mental Health & Coping with COVID-19

Fear and anxiety about the outbreak of the coronavirus disease (COVID-19) can be overwhelming and cause strong emotions in adults and children. The onslaught of news, information and misinformation can be very stressful for those with excellent coping and resiliency skills and can also be debilitating for those with pre-existing mental health concerns.

How OSU EAP Can Help

24/7 In the Moment Phone Support
Immediate access to a licensed mental health professional offers you peace of mind that there is always someone to talk to when you are experiencing heightened anxiety, depression, difficulty attending to daily activities, trouble sleeping, and other emotional concerns.

Online Counseling Sessions
Online counseling (defined as live scheduled video, phone, text and chat sessions) is a convenient way to utilize your counseling sessions without leaving the safety and security of your home. Average time from initial request for service to getting help from an online counselor is typically within 24 hours.

EAP on the Web
Your EAP website is an excellent way to access vetted, up-to-date information on COVID-19 AND a variety of other tools to help with anxiety, depression, resiliency and other issues you may be dealing with.

Telephonic Coaching with an Eldercare Specialist
According to the CDC, older adults and those individuals with chronic medical conditions are at higher risk for COVID-19. This can create heightened anxiety and worry for caregivers and their elderly loved ones. You can connect with an Eldercare Specialist for support and guidance on how to best prepare and protect your loved one during this challenging time.

Financial Counseling
Has COVID-19 caused you financial stress? You can now schedule a video conference with a financial consultant to help guide you through this challenging time.

For more resources, visit us on the web at http://www.osuhealthplan.com/OhioStateEAP
Enter the username: buckeyes Questions? Give us a call at 800-678-6265 or email eap@osumc.edu
Employee Well-Being Resources

EMAIL EMPLOYEE RESOURCES

Mental Health Resources
Well-Being Resources
Spiritual Resources

https://wexnermedical.osu.edu/features/covid-resources/staff/well-being
Tess
Confidential, mental health chatbot. Start chatting with Tess by texting “Hi” to +1 (415) 360-0023 Start code: buckeyes

BuckeyeBreak Friday’s at 3 PM. YP4H: Register on Link to HEALTH

Pause and Reset Program Activities
osuhealthplan.com/programs-and-services/eap/pause-and-reset

Chaplaincy
24/7 Staff Support Hotline: 614-688-4196 Non-urgent requests: 614-293-8791

Substance Abuse and Mental Health Services Administration National Helpline
1-800-622-HELP (4357)

National Suicide Prevention Lifeline
1-800-273-8255
Wondering how to embrace the “different” of this holiday season?
Here are some ideas for you...

ENGAGEMENT

Be engaged in conversations
Participate in planned virtual events
Coordinate a beverage/food virtual pairing activity
Embrace your holiday traditions – while utilizing the safety standards you have mastered
Here are some ideas for you...

ACTIVITIES

Visit a Metro Park
Build a bonfire and make s'mores
Get up and exercise for 15-minutes
Go see **Wildlights** at the Zoo or walk around your neighborhood and look at all the lovely decorations
Here are some ideas for you...

Experiment with holiday recipes you’ve always wanted to try. Now’s the time.

Plan a special meal just to entertain YOU!

Do a recipe swap with friends or coworkers
Here are some ideas for you...

ATTIRE

Admit it – Your athletic wear and/or scrubs need a break!!

Wear something festive every day. It will make you smile and feel special

Embrace the spirit of the season
Plan ahead for a memorable New Year’s – whether it be a party for one, a household celebration with your immediate family or a virtual event with many.

Be Safe. Be Happy. Be Well.
We wanted to close by sharing just a few of the most popular Coronavirus Facts or Fictions, as shared by:

Justin F Smyer, Director
Clinical Epidemiology, Wexner Medical Center
“Someone who has completed quarantine - or has been released from isolation - does not pose a risk of infection to other people.”

FACT

Although more data is needed, according to the CDC it is unlikely that these persons pose an infectious risk to others.

These persons should continue to follow the recommend infection prevention guidance regarding masking and social distancing.

Please see the latest information from CDC.
Older adults and those with serious chronic medical conditions are potentially at higher risk of serious illness, but anyone can become sick and symptoms can range from mild to severe disease.

CDC continues to provide updates on level of risk for people with underlying medical conditions.

"Older people and those with existing conditions are the only ones at risk for coronavirus."

FICTION
While those who have recovered from COVID-19 may have developed some protective immunity, according to the CDC the duration and extent of such immunity is unknown at this time. Therefore, all people regardless of testing history should follow the recommended strategies including wearing a mask in public and around others.

Fact or Fiction?

“Since I was previously positive, I no longer need to wear a mask and/or follow other infection prevention strategies.”

FICTION
Additional information provided by:

Jackie Buell, Assistant Professor
Health and Resource Sciences, Ohio State

Sharon Saia, Director
EAP, Ohio State Health Plan
Review our site for more USAC news and upcoming events.

https://usac.osu.edu/