



Ascension

Ascension WI EAP

Self Care During Distancing

As many of us are confined to our homes and spending an extended period of time together, it's not uncommon to feel stress, tension, or irritability. Coping skills and self-calming tools will help keep you centered, calm, and relaxed. For some of you, these tools might be familiar, and a regular activity in your day, and for others they may be completely new. Either way, explore new skills and set aside time to practice them daily.

Be flexible

Our routines have been disrupted! That's an understatement, right? The sooner we accept our current circumstances, the sooner we can adapt to life with less structure.

Empower yourself

Limit yourself to resources that are reliable, factual, and will help you make healthy, educated decisions. Then set a time limit on your access (once a day or less is a good amount). Here are some trusted resource sites: [CDC.gov](https://www.cdc.gov) and [Johns Hopkins Coronavirus Resource Center](https://www.jhu.edu).

Avoid toxic connections

When possible, limit interactions to supportive, calming people. Set boundaries with people who instigate in emotionally unhealthy ways. Here is a resource to help: [Begin to Set Personal Boundaries](#).

Set daily normalcy goals

As difficult as it may seem, work towards "normal" life activities. Creativity may need to be applied.

Take a time out

Read a book, color, or journal. Find something nice to do to for others. Take a walk. Time outs create a nice distraction from stress. Here is a great site for coloring mandalas, an effective stress-reduction activity: [ColorMandala.com](https://www.colormandala.com)

Use resources at your fingertips

There are many great resources on YouTube. Look for instructional videos on deep breathing, muscle relaxation, mindfulness, guided imagery, exercise, relaxation, and so much more. Explore different options to see what works best for you! Check out these sites for calming techniques and tips: [Calm.com](https://www.calm.com), [Headspace.com](https://www.headspace.com), and [Insighttimer.com](https://www.insighttimer.com).



Call EAP

If you try these techniques and find that you're still struggling, don't hesitate to contact your Employee Assistance Program. Ascension WI EAP has licensed counselors who can help. It's free, it's confidential, and it's there for you. Call or email today!