

WAR of NERVES

The above article title creates mixed reactions but clearly everyone feels on edge due to the impact of the coronavirus. These moments demand, as they did post-911 and other similar critical incidents, practicing a sense of personal determination to handle the resulting distress levels.

Anxiety is everywhere as it appears a sense of fear continues to govern our daily routines. Is it the new normal? Are we expected to remain anxious, diligent and overly cautious during these uncertain times?

We remember events that have created anxiety in the past and that may result in a sense of personal insecurity and threat. All are experiencing the dilemma of attempting to live a normal lifestyle and do their job while feeling informationally overwhelmed and exhausted. At times we may even believe we are inevitably targeted for infection as seemingly supported by growing numbers.

Fortunately, there is much we can do. First, do not ignore your anxiety. Talk about it even if the situation fails to adjust or change. Second, carefully prevent it becoming the sole focus of our lives. Refrain from your inner vision going myopic. Third, control anxiety from ruling over the things, values and relationships you have in your life. Personal perspective is greatly determined by our perception. Finally, focus on the parts of life that are working well even if believing there is nothing.

“Fire makes soft iron into steel”, Richard M. Nixon. Find the strength of resilience within yourself, always remembering to not lose hope as better days will return.

Consider these ideas from stress management experts:

Think about the serious issues of the day, while not getting caught in the quicksand of worrying. Maintain perspective.

Stay on regular sleep cycles. Routines are important.

Relaxation techniques, yoga, and exercise are all helpful for daily stress and worry. These things help get you out of your head and into your body.

Get comfortable with the notion that it's permissible to go on with your daily activities even if you sometimes feel insecure and emotional.

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