



# Managing COVID-19 Stress

Tips for looking  
after yourself



## Take care of your body.

Meditate, eat well-balanced  
meals, take deep breaths.  
Aside from staying safe, stay  
healthy.

SOURCE: WORLD HEALTH ORGANIZATION

# Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screen for a while and do an activity that relaxes you.

SOURCE: WORLD HEALTH ORGANIZATION



# Make time to unwind.

Use a few minutes of your day to do something you enjoy.

SOURCE: WORLD HEALTH ORGANIZATION



# Connect with others.

Talk to people you trust about your concerns and how you're feeling.

SOURCE: WORLD HEALTH ORGANIZATION



## Be mindful.

The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

SOURCE: WORLD HEALTH ORGANIZATION



## Remember to take care of yourself.

NuGen understands that this is a stressful time for many reasons, and we want you to take time each day to care for yourself. Here are a few ideas of ways you can ease the stress and give yourself time to relax:

- Go for a walk in your neighborhood. As long as you keep a distance from others that are walking as well, you're staying safe.
- FaceTime or Skype family and friends. This will let you see them while you talk, which will help ease the feeling of being isolated.
- Have a virtual happy hour! Invite friends or co-workers to join a Skype session and open a beer or even a soda while you chat about your week so you can socialize.

- Check out new shows on your preferred channel or streaming service. Some have released shows early to provide more entertainment. Or better yet, catch up on your favorite show to see how it ends!
- Cook your favorite meals. By cutting out the time you would have spent commuting, you now have more time to spend with family, and what better way to do that than cooking a tasty meal together!
- Talk with close friends or family about any issues you are experiencing. Without regular opportunities to talk with others, it's important that you don't keep your frustrations to yourself. Talk with others when you having trouble, feeling scared, or just having a bad day.

Remember that your friends and co-workers at NuGen are here for you. If you have questions or concerns about working from home or are experiencing an issue, feel free to reach out to someone.

If you would prefer to talk with a therapist or counselor, remember that our Employee Assistance Plan (EAP) offers access to professionals. To learn more about how to speak with a professional by phone at home, contact Magellan Healthcare at 800-424-4485.