

Just  
in case...



# Check in

June 2020 Newsletter



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Article:*

**Checking in on you** | How are you? **Ask yourself some questions about how you're coping with today's challenges...**



*Monthly  
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**Step outside the cabin** | Got cabin fever? Why not get out and reconnect with nature? **Here are some ideas...**



*Let's Talk  
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*Podcast:*

**Think tank — Give yourself a break** | Who isn't feeling stressed right now? **Find out how you can give yourself a well-deserved break...**



*e-Health  
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**Self-care for caregivers** | You can't care for someone else if you don't take care of yourself. **Read important self-help tips for caregivers...**

**Getting help** | Get confidential support, information and referrals for work or personal concerns. We can help you, your household members or your adult children under 26, even if they live away from home. Call or visit us online today!



# Checking in on you

The response to COVID-19 has created many changes and challenges. How're you doing with it all?

It can help to check in with yourself. Ask:

- **“How am I doing?”** Listen to the feelings that come up in response.
- **“What advice would I give to someone else?”** If your best friend shared the same feelings you're having, what would you say? Would your response to a friend be more compassionate than your internal self-talk? Think about giving yourself that level of caring all the time.
- **“Can I take action to help with any of my concerns?”** What can you do to feel better? What obstacles might get in the way? What resources do you have to help overcome those challenges?
- **“What gives me comfort?”** Because many of us are having our routines and activities that bring us comfort and happiness disrupted, you may need to find new options. Can you learn a new hobby or get back into an old one? Check in with friends and family by phone, video call and/or social media. They might inspire you with new ideas for ways to spend your time at home.

Taking a self-assessment can also help you see how you're doing. Here are a few you can try online now or any time:

- [Anxiety questionnaire](#)
- [MindCheck®](#)
- [Depression questionnaire](#)

And if you're feeling overwhelmed, it can really make a difference to reach out for professional help. You don't even have to leave home. Lots of providers offer phone or online video support.

Checking in gives you time to focus on you. It gives you space and time to think ahead, make sure you're getting enough “me-time” and nurture your emotional wellbeing.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

# Step outside the cabin



After months of social distancing, you may be feeling a touch of cabin fever. If you're not sick or having symptoms of COVID-19, why not go outside each day for some fresh air and physical activity?

If you can keep a safe distance from other people, there are lots of things you can do outside. Just be sure to check your state mandates and the Centers For Disease Control and Prevention website for the latest guidelines. Here are a few ideas for goals, fun and games you can enjoy outside:

- Go for a walk, jog or run
- Listen to the birds and other sounds of nature
- Take a bike ride
- Play sports or games with family if you're social distancing together
- Cook out
- Work on an outdoor project such as:
  - Gardening
  - Mowing the yard
  - Fixing up a vehicle
  - Cleaning out the garage
  - Home improvements you've been "meaning to get to"

Connecting with nature and the outdoors is a great way to boost your mood, lower stress and re-energize mentally and physically. And you can get much needed exercise whether you're walking, working in the yard or playing games with the kids. Enjoy!

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