



# MANAGING FEAR AND ANXIETY AROUND COVID-19





ACKNOWLEDGING NEGATIVE THOUGHTS CAN TAKE AWAY THEIR POWER  
HOW YOU PERCEIVE A SITUATION AFFECTS YOUR REACTION MORE THAN THE  
SITUATION ITSELF

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# Fears and Anxiety during a Pandemic

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- Unprecedented
- Everyone has a different reaction
- Depends on our starting point
- Uncertainty adds to the emotions
- Social isolation can exasperate our feelings

# Childhood Fears

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- Loud Noises
- Large objects that might seem looming
- Strangers
- Separating from Parents
- Dark
- Snakes
- Spiders
- Scary Current News

# Adults Fears

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- Public Speaking
- Flying
- Dentist
- Spiders
- Failure
- Losing sense of security
- What are your fears ????

# Anxiety

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- Worry turns to anxiety, anxiety to fear
- Belief that danger is lurking
- History of Panic disorders, generalized anxiety disorder (GAD)
- Fear and anxiety are normal adaptations that protect us from dangerous situations – we can learn to overcome them
- Such challenging times
- Global fear and anxiety

# Understanding The Power Of Your Thoughts

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Cognitive Behavioral Therapy – helps people conquer self doubts

## 1. Identify Negative Thoughts

- What were you thinking when you started to feel anxious?

## 2. Challenge Negative Thoughts

- Question the evidence for your anxious thoughts and analyze unhelpful beliefs
- What is the realistic chance that your negative thoughts will become reality?

## 3. Replace Negative Thoughts With Realistic Ones

- How did you make it through this situation before? What was the outcome?

# Mindfulness/Acceptance

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- Pay attention to the present moment
- Find the positive moment... no matter what
- Acknowledge your thoughts without judgment
- Taming – do not try to eliminate negative thoughts but examine them and understand their influence on you
- Pay attention to breathing and other physical sensations
- Be sure to pay attention only to the facts (cdc.gov)
- Focus on being rational/logical
- Be determined to stay positive



# Suggestions

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- Talk to someone or yourself to address your frustrations
- Write about your anxiety
- Ask questions
- Negative feelings will come:
  - What will I do?
  - How will I handle them.
  - Allowing them to exist and pass through
- Pick a focal point to focus on to help isolate your thoughts
- Give yourself some compassion – stop beating yourself up
- Change your situation
- Get help



# Practice Breathing Exercise

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- Take a slow, deep breath in through your nose lasting 5 seconds
- Hold for a few seconds
- Breath out slowly through your mouth
- Repeat 10 times
- Repeat many times during the day

# Soothing Techniques

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- Deep Breathing: focus on counting your breaths
- Meditation
- Exercise or take a walk
- Positive Affirmations:
  - “I have made it through this situation before, I will get through it again”
- Aromatherapy: Sandalwood, Lavender, Cinnamon
- Guided meditation
  - Walk through a scene

# Apps/Movies/Other

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## Headspace

- Calm
- Happify
- 10% Happier

## Feel Good Movies

- Forrest Gump
- Driving Ms. Daisy
- Remember the titans
- Pursuit of Happiness



## QUOTES

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*THE SINGLE MOST IMPORTANT THING THAT CAN HAPPEN RIGHT NOW IN THIS PANDEMIC IS THAT WE FEEL OUR COLLECTIVITY — THAT WE'RE HERE TO HELP EACH OTHER MOVE THROUGH THIS*

- TARA BRACH

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# Your Kepro EAP

- EAP Services available to employees, any household members and dependents
- Confidential
- EAP Counselors available 24/7/365 via 833-539-7285
- Up to 6 in person counseling sessions, per issue, per year, per household member
- Management Consultations
- Financial/Legal Consultation and Referral Service
- Work/Life & Convenience Services
- <https://sowi.mylifeexpert.com> Company code: SOWI



# Questions & Answer

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# Evaluation

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