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Program

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# Managing Stress & Anxiety During Uncertain Times

*This webinar begins at 2:00pm.*

## Speaker:

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Call 800-821-8154 . 303866-4314 or

[Send Us a Message!](#)



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# Typical Stress Responses

- Fear & worry about health - self & others
- Sleep & concentration impact
- Shift in eating patterns
- Exacerbation of health concerns
- Increased use of substances



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# Higher Risk\* Populations

\*Higher risk of increased stress & anxiety during pandemic/mass crisis

- Older adults
- Children and Teens
- First responders/helpers (medical providers)
- People with mental health or substance use concerns



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# Anxiety @ Work

## Typical Anxiety Disorders

- **Generalized anxiety** (constant worry)
- **Social anxiety** (extreme discomfort in social situations)
- **Phobias** (irrational fears)
- **Panic** (intense terror)

## Signs & Symptoms

- Inability to function/perform well
- Lost work time; absences
- Physical complaints - sweating, upset stomach
- Cognitive/emotional complaints - panic/fear, unwanted thoughts
- Can cause sleep disturbances that may impair work performance
- Can co-occur with Major Depressive Disorder



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# Additional Stressors

- Health anxiety
  - May impact your response to pandemic
  - May make it difficult to cope well
  
- Stress associated with remote work
  - Isolation
  - Boundaries



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# Strategies for Coping



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**Maintain routines & self -  
care strategies!**

Image credit: WSJ.com, 2020



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## Therapist Tips:

- It's OK to use humor - just know your audience
- Find opportunities to laugh
- Be helpful to others
- Be productive
- Social media - only for positive interactions
- It's OK to count your blessings; examples:
  - Less traffic
  - Reduced kid activities
  - More time?
  - We have toilet paper!



# Emotional Wellness

## Options to Prevent & Manage Symptoms

- Just breathe! Reduce your respiration rate.
- Change your thinking; track your thoughts & conclusions - are they productive?
- Consider worst-case-scenario but don't dwell on it
- Reduce exposure to social media & 24/7 news feeds



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# Focus on Resilience

## Resilience

A developed attitude regarding challenges, changes, trauma, critical events.

## Resilience Factors

- Relationships - stay connected, care for others
- Realistic Plans and Action Steps
- Self-Efficacy; Decisions align with values
- Communication; Problem-Solving
- Effective management of emotions
- Adaptive self-care strategies

*FYI: Building Your Resiliency; The Road to Resilience,*  
American Psychological Association, 2016.



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# Focus on Resilience

## Workplace-supported resilience:

- Routines, including work, can be healing.
- Compassion demonstrated at work can increase motivation to continue normal routines.
- Recognition that all have **different responses**

## Self-supported resilience:

- Communicate needs; Focus on **problem-solving**
- Manage strong emotions; Practice **self-care**
- Strong **informal support** can decrease residual impact.



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# Employee Resources: Mental Health Support

- [Colorado State Employee Assistance Program](#) (CSEAP)
  - 6 sessions - free of charge
  - 800-821-8154
  
- [Colorado Crisis Services](#)
  - 24-hour response
  - Telephonic and text services are free -of-charge
  - 1-844-493-8255
  
- [Health Insurance benefits](#)
  - Mental health # on health insurance card
  
- [SAMHSA Referrals and Support](#)
  - Treatment referral



# Resources for Kids

- [NPR Covid -19 Comic for Kids](#)
- [Parent/ Caregiver Guide](#)
  - Talking with your family
  - Reducing family risk
- [Stanford - Tips for talking with kids](#)
- [The Atlantic: Keeping kids busy](#)





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# Workplace Resource: Psychological First Aid

- Evidence -informed strategy used in the aftermath of disaster.
- Some of the core components include non-intrusive compassionate contact, stabilization, information on coping and available services .
- Online training available at [NCTSN](#) and at [USDVA](#).
- For more information, visit the [National Center for PTSD](#) .



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# Workplace Resource:

## Workplace Response to COVID -19

- Ensure that basic & workplace needs are met
- Ensure that informational needs are met
- Practice **flexibility** where possible
- Provide regular reminders of CSEAP
  - Support available via phone and video



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# General CSEAP Information

## *Counseling Services*

- Free benefit of employment
- All State employees are eligible for our services
- Access to 6 counseling sessions per rolling year
- Family members *may be* eligible for counseling services
- Administrative leave may be granted for attendance



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# CSEAP Services

- Confidential Counseling
- Emergency Financial Assistance
- Crisis Response
- Supervisor/Manager Consultation
- Professional Coaching
  - EI Managerial Coaching\*
- Mediation for employees in conflict
- Presentations & Workgroup Facilitation
- Psychological Fitness for Duty (PFFD)\*

\* *Costs are associated with these particular services.*



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# QUESTIONS?



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**Got Stress?**

# Contact CSEAP

**303-866-4314**

**800-821-8154**

## Office Locations

Denver . Sterling . Loveland . Colorado Springs . Golden .  
Pueblo . Grand Junction . Durango . Alamosa

*Visit us at* [www.colorado.gov/cseap](http://www.colorado.gov/cseap)