

RECOGNIZE AND *RESET*



PAY ATTENTION: SIGNS OF **STRESS**

Don't ignore your feelings. Life can be challenging — especially in the middle of a pandemic. To get to a better frame of mind, first identify your emotions. The self-care tips to your right will help you navigate the stress in a healthy way.

IRRITATION

ANGER

DENIAL

NERVOUSNESS

ANXIETY

LACK OF
CONCENTRATION

TIREDDNESS

OVERWHELMED

SAD

DEPRESSED

LACK OF MOTIVATION

Employee Assistance Program (EAP)

EAP is available at no cost to ALL GEA employees regardless of GEA health plan enrollment status. Each person receives five free sessions per situation.

ANTHEM BEHAVIORAL HEALTH

anthemeap.com
Company Code:
GEAppliances
855-873-4932

Call center and live chat
open 24 hours / 7 days
a week.

ONSITE COUNSELOR

(Appliance Park)

Stephanie Medley,
Licensed Clinical Social
Worker

AP4-100 Medical Center
502-452-0777

Learn more about your EAP. →

SELF-CARE TO GET YOUR MIND RIGHT

MEDITATE. Find some privacy and sit quietly for a few minutes each day.

NAP. Set a timer and get some rest.

SPEND TIME OUTDOORS. Walking for 10-15 minutes is a great idea.

AVOID EATING OUT OF STRESS OR BOREDOM.

GET ENOUGH SLEEP. Avoid screen time at night to help you wind down.

JOURNAL.

CONNECT. Share what works for you with your team either through Microsoft Teams, Yammer or on a group text.

DO THINGS YOU ENJOY during your off time.

LIMIT NEWS CONSUMPTION.

SEEK NEWNESS. Take work calls in a new location. Walk a different street. **See more ideas for 30 days of Newness on next page.**

REACH OUT to your **EMPLOYEE ASSISTANCE PROGRAM** for counseling.

ENJOY A GOOD LAUGH.

Smile despite stress.

SOURCES:

- <https://supermaker.com/articles/how-to-work-from-home-without-going-nuts>
- <https://www.forbes.com/sites/anthonykarcz/2020/03/16/how-to-not-go-crazy-when-youre-working-from-home/?sh=52eccd324272>
- <http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>
- <https://www.psycom.net/coronavirus-working-from-home-mental-health>
- https://www.advantageengagement.com/p_content_detail.php?id_division=d21&id_module=m320&id_element=001&id_cr=99951
- https://www.actionforhappiness.org/november?mc_cid=2b53567375&mc_eid=721e83f543
- <https://www.healthline.com/nutrition/ways-to-prevent-stress-eating-when-youre-stuck-at-home#2.-Remove-temptation>



GE APPLIANCES
a Haier company

30 DAYS OF NEWNESS



- 1 Make a list of new things you want to do this month.
- 2 Respond to a difficult situation in a different way.
- 3 Get outside and observe the changes in nature around you.
- 4 Sign up to join a new course, activity or online community.
- 5 Change your normal routine today and notice how you feel.
- 6 Give yourself a boost. Try a new way of being physically active.
- 7 Be creative. Cook, draw, write, paint, make or inspire.
- 8 Find out something new about someone you care about.
- 9 Plan a new activity or idea you want to try out this week.
- 10 When you feel you can't do something, add the word "yet."
- 11 Be curious. Learn about a new topic or an inspiring idea.
- 12 Overcome a frustration by trying out a new approach.
- 13 Choose a different route and see what you notice on the way.
- 14 Find a new way to help or support a cause you care about.
- 15 Go outside and do something playful—walk, run, explore, and relax.
- 16 Look at life through someone else's eyes and see their perspective.
- 17 Try a new way to practice self-care and be kind to yourself.
- 18 Connect with someone from a different generation.
- 19 Broaden your perspective: read a different paper, magazine or site.
- 20 Make a meal using a recipe or ingredient you've not tried before.
- 21 Learn a new skill from a friend or share one of yours with them.
- 22 Find a new way to tell someone you appreciate them.
- 23 Set aside a regular time to pursue an activity you love.
- 24 Share with a friend something helpful you learned recently.
- 25 Use one of your strengths in a new or creative way.
- 26 Tune in to a different radio station or TV channel.
- 27 Enjoy new music today. Play, sing, dance or listen.
- 28 Join a friend doing their hobby and find out why they love it.
- 29 Discover your artistic side. Design your own holiday cards!
- 30 Look for reasons to be hopeful, even in difficult times.

“You never know what you can do until you try.” -C.S. Lewis

