

Tips for the New Normal

Anxiety is normal under the present circumstance. Whenever our lives are turned around and upside down, we all react. Some reactions will be obvious while the reactions of others will be more subtle. It is important to be aware of what you are feeling so that you can gain control of which way those feelings go. The goal is to prevent anxiety and fear from turning into feelings of helplessness, hopelessness and panic. Below are some tips to get you going in the right direction:



- 1) Acknowledge that you are anxious – the more you concentrate on NOT thinking about something, the more it is on your mind.
- 2) Unplug from social media and endless news cycles. These sources end up increasing your anxiety.
- 3) When you tune in, pay attention to all information, not just the negative. It is easy to get into the mindset that “the sky is falling” instead of looking at the reality that more people recover from COVID-19 than die. Be mindful of what you can do to protect yourself like wash your hands, avoid large crowds and stay home if you feel sick.
- 4) Support your immune system through eating balanced meals and getting sleep. These things are essential to our body, yet too often they are the first thing we neglect.
- 5) We are social creatures so keep in touch with family and friends via phone. They can bring us some peace of mind and reduce our feelings and their feelings of isolation.
- 6) Staying active is important for your mental health and physical health. Walking, basic yoga, dancing, exercising to music are all healthy ways to keep your mind sharp and serve as healthy ways to deal with stressful events.
- 7) Look beyond the obvious and find ways to support our colleagues, friends, families and loved ones. Finding new ways to be supportive of others will aid in pulling us out of our fears and panic.
- 8) Flexibility will be the keys to sanity. Each of us is going to have to operate with a little more uncertainty with each day presenting new challenges and unexpected circumstances.

Remember, The Holman group is a call away. When you do need to talk with a counselor, give us a call if you or your family needs support during this time.

IMPORTANT: You can get an interpreter at no cost to talk to your doctor or Health Insurance Company. To get an interpreter or to ask about written information in (your language), first call your insurance company's phone number at 1-800-321-2843. Someone who speaks (your language) can help you. Someone who speaks Spanish can help you. If you need additional help, call the HMO Help Center at 1-888-466-2219.

IMPORTANTE: Puede obtener la ayuda de un intérprete sin costo alguno para hablar con su médico o con su plan de salud. Para obtener la ayuda de un intérprete o preguntar sobre información escrita en español, primero llame al número de teléfono de su plan de salud al 1-800-321-2843. Alguien que habla español puede ayudarle. Si necesita ayuda adicional, llame al Centro de ayuda de HMO al 1-888-466-2219.

An EAP counselor is available 24 hours a day, 7 days a week for emergency and urgent assistance. To schedule an appointment, receive a community referral or for inquiries our office is open 7:30 am to 6:30 pm PST.



The Holman Group
Managed Behavioral Health Care Services

(800) 321-2843 www.holmangroup.com