



Taking Care of You & Your Family's Mental Wellbeing At Home

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. These unprecedented times have changed many of our daily routines. Children are learning virtually and away from the classroom; college students are back home; and many adults are balancing working from home and caring for loved ones and children. The tips below may help you with the extra time at home.

Be safe and stay connected - Self-isolation doesn't mean cutting off all communication, in fact, it's more important than ever to talk and listen, share stories, advice and stay in touch with the people who matter to you.

Take notice of things that make you feel good - Eating healthy food, walking or exercising help us feel good. Notice the beauty outside your window or on a walk around the block, taking time to acknowledge people you see.

Go on an information mini-break - The endless updates from news outlets and social media can be completely overwhelming. Pick one trusted source of information and visit it once a day only. Limit your news time to a few minutes in the morning and a few minutes at night.

Keep moving - Find ways to move your body and improve your mood every day. It's okay to go for a walk, run or ride your bike, as long as you avoid other people.

Stick to a routine - This sounds dull but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes, get some fresh air, book in video-chats with colleagues or friends, and do your chores. Make time for fun!

Use Your EAP - Many doctors, psychologists and counselors are still seeing patients through telehealth or virtual health. Call BHS to access your benefits today. Whether it is your first appointment or continuing the care you need, BHS' network of professionals can help you manage your stress and anxiety during COVID-19.

ACCESSING YOUR BENEFITS

Accessing your EAP benefits begins with a call to BHS.



Your BHS Care Coordinator is available Monday-Friday from 7:00 am—5:30 pm CT by calling 800-245-1150.

For more information, visit: behavioralhealthsystems.com.
Login to MemberAccess to learn more about your EAP.



BEHAVIORAL HEALTH SYSTEMS

Behavioral Healthcare Programs for Business & Industry Since 1989

800-245-1150 • www.behavioralhealthsystems.com