

Coping With Uncertainty About The Coronavirus

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

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Agenda

- Discuss uncertainty as it relates to your ability to cope with the Coronavirus
- Review individual stress reactions and their impact on coping
- Explore coping strategies for anyone experiencing any uncertainty



Question

*What are the **emotional** issues you are experiencing regarding the Coronavirus?*

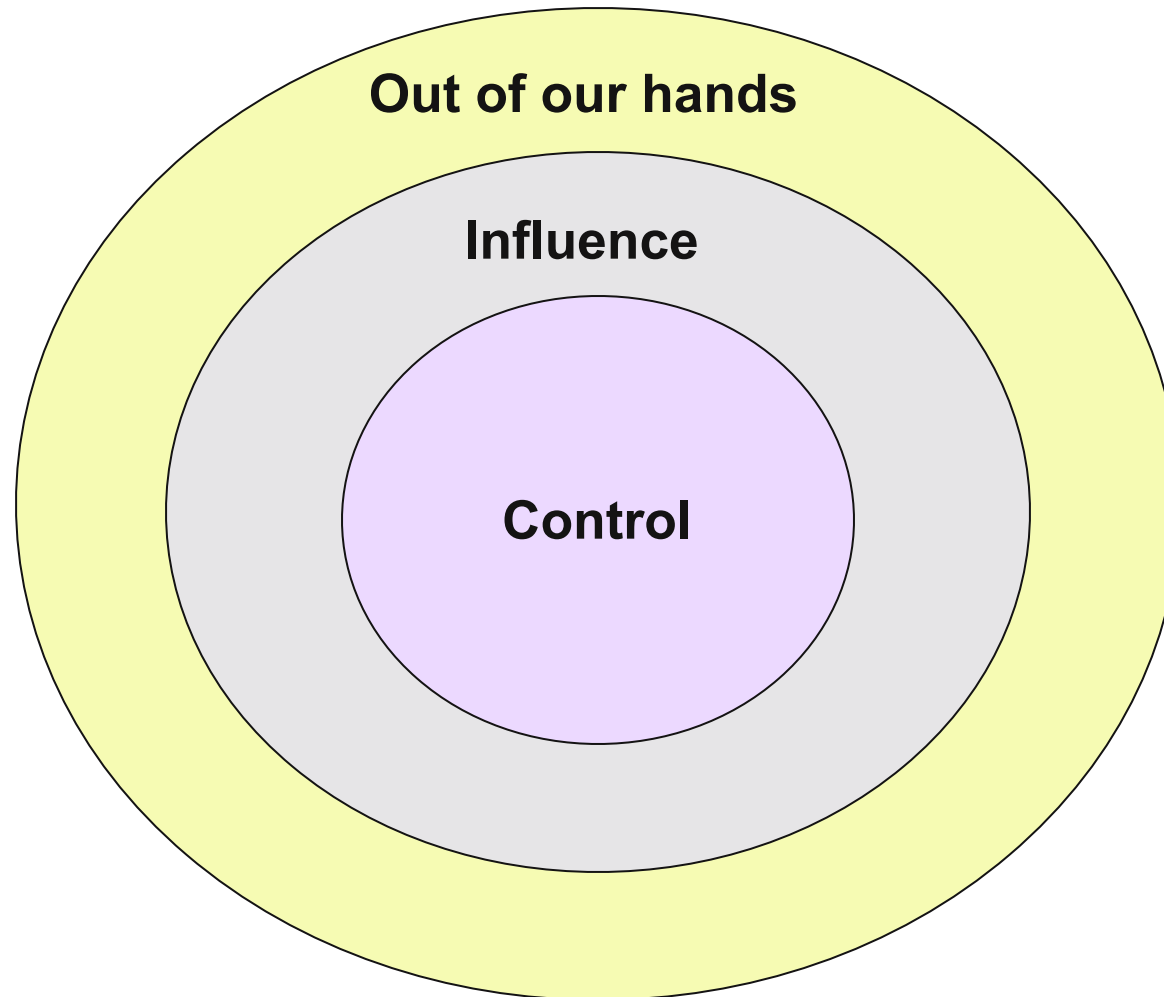


Perception and Control

- People need to feel in control
- People need to be able to make sense of what is happening in order to predict and control
- Uncertainty can be extremely distressing
- Common emotional reactions are:
 - Fear and Anxiety
 - Mistrust and Suspicion
 - Anger
- These emotions can prompt tunnel vision and impulsive actions



Circle of Control – Where Should We Focus?



Question

How does ANY uncertainty impact your mood, behaviors, and overall functioning?



Common Reactions to Uncertainty

Physical Reactions

- Fatigue
- Loss of appetite
- Headaches
- Thirst and dry mouth
- Sweating

Behavioral Reactions

- Emotional outbursts
- Impaired work performance
- Avoidance of others
- Increased family conflicts
- Increased need to keep busy
- Increased sick time



Common Reactions to Uncertainty

Emotional Reactions

- Fear, Anxiety
- Feeling of numbness
- Guilt
- Irritability
- Anger
- Grief and sadness
- Helplessness
- Anxiety and depression

Cognitive Reactions

- Lack of Concentration
- Confusion
- Intrusive thoughts and images
- Memory problems
- Hyper vigilance
- Poor decision making and problem solving



Acknowledge the Distress

- Distress with uncertainty is normal
- Acknowledge it in yourself and in others you care about
 - “What is happening?”
 - “What are you feeling?”
- Verbalize it out loud, talk about it with others, write about it
- Acknowledging the distress will not resolve it but it allows the opportunity to move forward and make choices
- Exercising choice gives us control and reduces distress

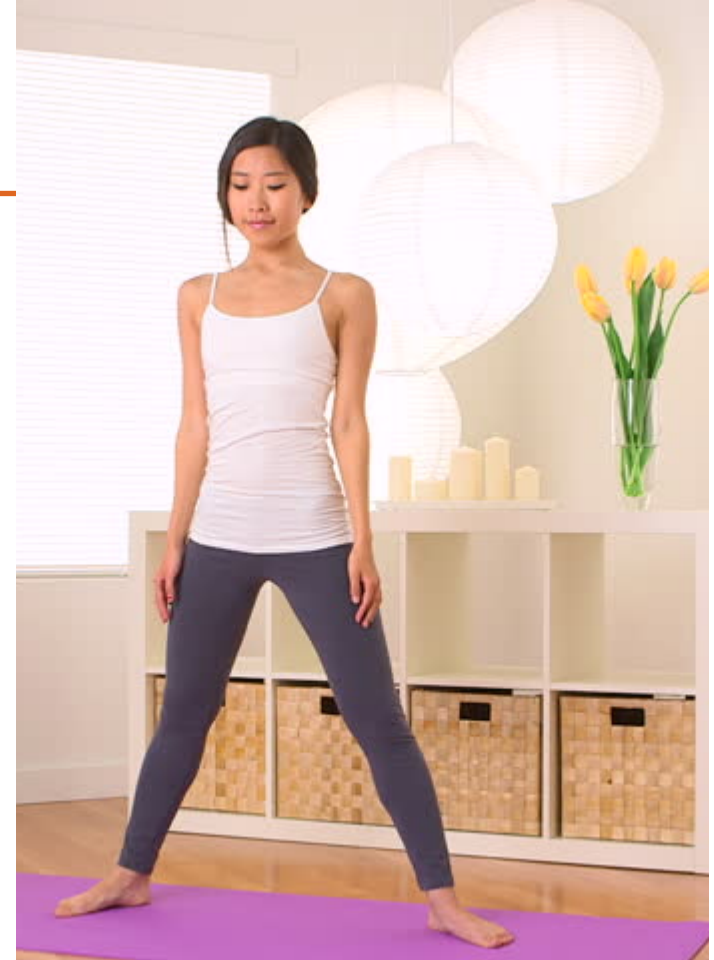


Avoidance and Control Coping

Most individuals combine both avoidance coping and control coping tactics

Avoidance Coping:

- Limiting your exposure to that which triggers discomfort
- Taking time off, getting away
- Using distraction
- Not discussing the situation
- Withdrawing socially
- Alcohol use, spending, over-eating



Control Coping

- Asking: “What are my choices?” “What is something I can do?”
- Focusing on accomplishing objectives: “What do I want to accomplish today?” “What is the obstacle?”
- Focusing on the positive: “What am I grateful for?”
- Speaking up on your own behalf – be assertive about your needs
- Finding ways to help others and ask for help



Moving Forward

- Understanding
- Managing as an individual
- Maintaining top quality performance



Helping Our Children Feel Safe

Put the threat in perspective

Avoid exaggerated words or phrases:

- “The worst ever”
- “Nothing helps”
- “Never again”

Talk about measures, like school closings and quarantines, that keep your family safe

- “You will be going back to school”
- “You will be able to go out again”
- “You will be seeing your friends again”

Don't make false promises about when these things will happen

Give them a hug!

If you are concerned about the psychological well-being of your child, call the EAP



Self-Care

- Be cautious about using avoidance coping such as isolation, withdrawal or relying on alcohol
- Avoid unnecessary exposure to media that might heighten uncertainty without providing additional information
- Maintain your normal routine as it provides stability
- Develop new routines which allow you to relax and decompress
 - Incorporate deep breathing and relaxation time
 - Exercise
 - Sleep at least 7 hours a night
 - Stay in communication with people you enjoy
- Seek professional help as needed

Review

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Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Go Online: [guidanceresources.com](https://www.guidanceresources.com)

Or call a counselor

Available 24 hours a day, 7 days a week

