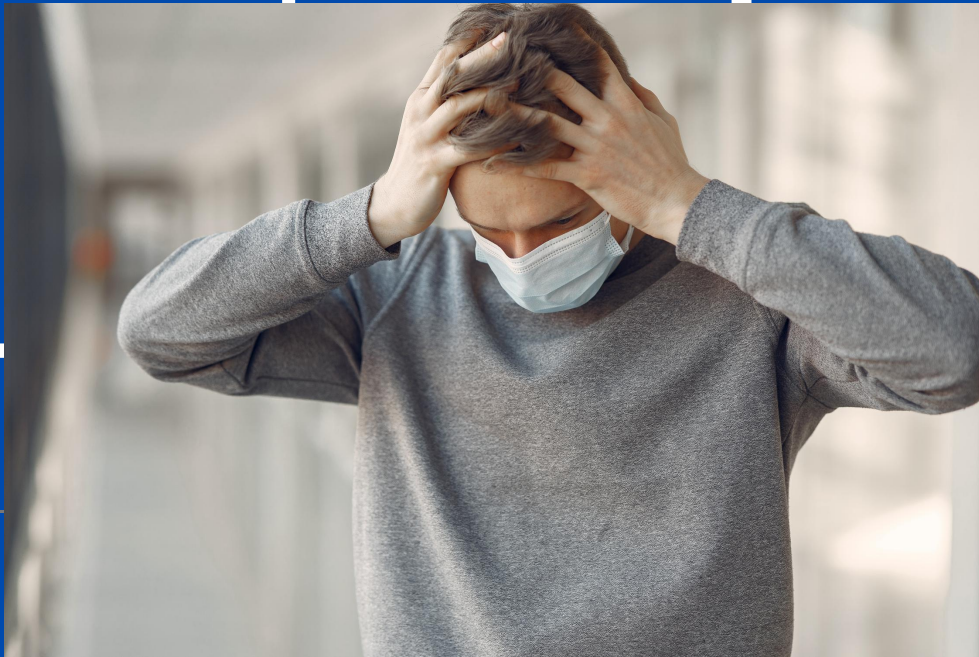


a few notes

Topic: How to Cope with Traumatic Events like Coronavirus



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

According to HelpGuide.org, any traumatic event from personal tragedy to a global crisis like COVID-19 can take an emotional toll and cause traumatic stress. Here are seven tips that they offer to help regain control of your life. Tip 1: Minimize media exposure. Tip 2: Accept your feelings. Your emotions are normal reactions to what is going on around you. Tip 3: Challenge your sense of helplessness. Think positive. Tip 4: Get moving. Exercising can burn off adrenaline and release feel good endorphins to boost your mood. Tip 5: Reach out to others. The simple act of talking face to face with another human can trigger hormones that relieve traumatic stress. Tip 6: Make stress reduction a priority. Use your downtime to relax. Tip 7: Eat and sleep well. If you are still experiencing anxiety after trying these tips, you may need to seek a mental health professional. Please reach out. Your EAP program is always available.

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