



During a pandemic, it is especially important to take care of your well-being.

Managing Your Well-being

Social distancing measures to prevent the spread of COVID-19 have disrupted many aspects of daily life. In times of high stress and anxiety it can be difficult to remain focused and feel a sense of purpose and connectedness. Managing your personal well-being can help you relieve some of the stress and anxiety and focus on what really matters to you and your family



Physical

Eat healthy, get plenty of sleep and find ways to stay active.

Emotional

Recognize mental health symptoms. Use your employee assistance program (EAP) benefit.

Financial

Stay the course; review retirement investment strategies to ensure you are on the appropriate path.

Technological

Be wary of email scams. Keep software updated and use strong passwords. Avoid over-sharing on social media.

Work

Maintain a routine. Budget your work time and prioritize important work.

Social

Leverage technology to stay connected. Find ways to give back.

Contact your employer to learn more about what programs and resources are available to help support your well-being.