



NH Employee Assistance Program

Healthy people ask for help.

603.271.4336

Tips on Staying Positive during COVID

Sticking to a routine: Over the last few months, many of us have had our routines disrupted, whether for work, school, holidays or exercise. Routines provide us with a sense of safety and predictability, they help us with anxiety and give us the feeling that we have control over what we are doing and help us be more efficient. When we have a routine that we follow daily, it reduces the need to make decisions each day. The beauty of designing a set routine is that it forces us to prioritize and decide what is important to us and in what order. Rather than make these decisions on a daily basis, we already know what we need to do and in what order because we have carefully planned it.



Creating Zones in your Home: Creating zones in your home can help reduce the feeling of cabin fever. Have an e-learning area for your children, create an office space if you are working from home, have a chill out area, and a play area, and also a location for your family to use electronic devices. Doing different things in different spaces in your home also helps minimize that cabin fever feeling.

Savor the small moments: Each and every day we have many small moments to savor. The smell of coffee, the feel of the warm shower on your back and so on. When you stop to take in these moments, rather than let them rush by, you are giving your brain a chance to process the pleasure, which boosts your serotonin – the feel good neurotransmitter that helps elevate your mood and make you feel calm.

Connect with nature: Getting outside is a critical part of mental health, but not everyone has the ability to do so right now. So, if the great outdoors isn't accessible to you at this time, you can still try to bring some of the outdoors inside, by opening a window to get the smell of a breeze moving through your space, it can help things feel less contained and more spacious. Immerse yourself in a nature documentary, and turn the lights down low, get some surround sound going if you can, and let yourself get lost in the sights and sounds of the natural world. Get some ambient noise going. There are countless playlists and apps that include nature sounds like ocean waves, thunderstorms, birds chirping, etc. It's not a bad idea to use these to self-soothe when you're feeling cagey.



Take a daily inventory: Close your day, every day, with a positive acknowledgement of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you've absorbed and remind you that there are things to notice that are positive.

Important to remember: If all else fails? Remember that "cabin fever" isn't forever. Self-quarantine can be challenging, but coping with it isn't impossible. In fact, it can be a great opportunity to get creative about how you make use of your space, while developing new skills in self-care that will be beneficial. And more importantly, it means that you're taking the necessary precautions to protect yourselves and your community!

"Encourage yourself, believe in yourself, and love yourself. Never doubt who you are." – **Stephanie Lahart**,