



March 2020

Dear Colleagues:

The COVID-19 Outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to manage stress and improve your well-being:

- **Take care of your body**– Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Learn more about <https://emergency.cdc.gov/coping/selfcare.asp> for mental health.
- **Connect with others**– Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system. Be flexible and creative in accessing support via phone, email, text messaging and video calls.
- **Take breaks**– Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**– When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**– Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- **Seek help when needed**– If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the District's EAP provider, ComPsych, **website:** www.guidanceresources.com where you can find articles, trainings, and get in touch with a Guidance Consultant to speak with about the issues that you personally are facing. **WebID:** BuffaloSchoolsEAP **By Phone:** 866-645-1757 **TTY:** 800-697-0353

Sincerely,

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Reference: <https://emergency.cdc.gov/coping/selfcare.asp>