

Your Union  
EAP  
Provides:

**COPING WITH  
CORONAVIRUS FEARS**



Services to assist with:

- Trauma
- Depression and anxiety
- Alcohol and drug dependencies.
- Stress-related conditions
- Family Issues
- Prescription dependency

Visit Us At:

[www.unionsupport.org](http://www.unionsupport.org)

**HCAMS**

In  
Cooperation  
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Union

The COVID-19 (Coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of putting yourself at risk and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your wellbeing.

### Take a break from everything



Take the day off. Nobody can keep going on full throttle without taking a break. Clear all your worries and problems out of your system, and out of your mind with mindfulness meditation (Button at the bottom of the page)

### Do something new



Make the most of the reality that you are in. Instead of focusing on all the things you cannot do due to certain restrictions can you shift your focus to the coping mechanisms that you now have the opportunity to delve into?

### Find something positive about your situation



Tired? Stressed? Being positive can make a huge difference to your feelings. Put down your umbrella and live in the sunshine. Positivity is a virus everyone wants to catch!

### Stay connected



Stay connected with friends and family by Skype, Facetime, email, messenger and text, especially those who may be isolated. Be ready to listen to their concerns and share yours.

### Sleep well

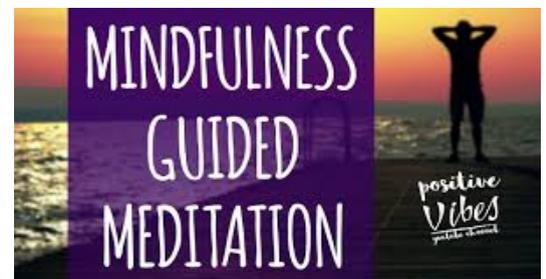


Regularly getting enough sleep is critical to physical health and effective functioning of the immune system. It's also a key promoter of emotional wellness and mental health, helping to beat back stress, depression, and anxiety.

### Talk with a professional



This is important. No one deserves unhealthy levels of stress. Admitting you need to see someone is hard, but shows a lot of courage when you do. There is much relief to be gained from non-judgmental help.



# HOW STRESSED ARE YOU?

Rate yourself on how you react in each situation listed below:

**Scoring: 4=Always, 3= Frequently, 2=Sometimes, 1= VERY Rarely**

1. Do you try to do as much as possible in the least amount of time? \_\_\_\_\_
2. Do you become impatient with delays, or interruptions? \_\_\_\_\_
3. Do you always have to win at games to enjoy yourself? \_\_\_\_\_
4. Are you overly critical of the way others do their work? \_\_\_\_\_
5. Do you constantly seek admiration and respect of others? \_\_\_\_\_
6. Are you unlikely to ask for help with a problem? \_\_\_\_\_
7. Do you have the habit of often looking at the clock/ your watch? \_\_\_\_\_
8. Do you constantly strive to better your position? \_\_\_\_\_
9. Do you spread yourself to thin? \_\_\_\_\_
10. Do you multi task on a regular basis? \_\_\_\_\_
11. Do you get angry / irritable frequently? \_\_\_\_\_
12. Do you have little time for exercise? \_\_\_\_\_
13. Do you have a tendency to talk quickly? \_\_\_\_\_
14. Do you consider yourself to be driven? \_\_\_\_\_
15. Are you anxious about deadlines in your job? \_\_\_\_\_
16. Do you feel guilty when you relax? \_\_\_\_\_
17. Do you find yourself getting upset by trivial things? \_\_\_\_\_
18. Do you fail to rely upon your network of relatives and acquaintances? \_\_\_\_\_
19. Are you unable to organize/ manage your time effectively? \_\_\_\_\_
20. Do you have little time for hobbies? \_\_\_\_\_

\* If your score is lower then **40**

Your stress level is average

\* If your score is **50-60**

Your stress level is high

\* If your scores **exceeds 60,**

contact your unions employee assistance  
program **1-888-828-7826**

**Total Score:** \_\_\_\_\_

**NOTE:** This quiz is not a medical diagnostic tool

Feel free to share with friends and family.