



Participant Guide

Managing Emotions During Turbulent Times

Strategies to Manage Anxiety, Fear and Stress

Overview

We are living in turbulent times in our country right now. World events such as the Covid-19 Pandemic, Economic Uncertainty and Social Unrest have created an unprecedented level of fear and anxiety in people.

This session will help you become more aware of your stress symptoms and emotional responses. You will learn positive strategies to manage stress and anxiety by implementing simple self-care practices such as relaxation techniques and focusing on the three pillars of health: diet, exercise, and sleep.

Seminar Agenda

- ✓ Emotional impact of turbulent times
- ✓ Identifying fear and overcoming anxiety
- ✓ Defining stress signs and symptoms
- ✓ Healthy stress management strategies
- ✓ Focusing on your Locus of Control
- ✓ Self-care practices
- ✓ Relaxation techniques
- ✓ Helping yourself and loved ones
- ✓ Important resources

Seminar Length: 1 hour

Self-Care Strategies

- Acknowledge your situation
- Keep things in perspective
- Set realistic expectations
- Focus on '3 Pillars of Health'
- Stress-Management Tips:
 - ✓ Take frequent breaks
 - ✓ Set boundaries and priorities
 - ✓ Practice an 'Attitude of Gratitude'
 - ✓ Engage in fun activities or hobbies
 - ✓ Continue personal hygiene



just breathe

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Relaxation Techniques

Harvard Medical School published a list of six relaxation techniques that can help reduce stress:

1. **Breath focus:** Take long, slow, deep breaths and gently disengage your mind from distracting thoughts and sensations. Focus on the sensation of air going in and out of your nose.
2. **Body scan:** Breath focus combined with progressive muscle relaxation. Focus on one part of the body at a time, releasing physical tension. Improves awareness of mind-body connection.
3. **Guided imagery:** Conjure up soothing scenes, places or experiences to help you relax and focus.
4. **Mindfulness Meditation:** Sit comfortably, focusing on breathing and bring your attention to the present moment, without drifting into the past or future. This technique has become increasingly popular in recent years. Research suggests it may be helpful for people with **anxiety, depression and pain**.
5. **Yoga, tai chi and qigong:** Three ancient practices combine breathing with physical movement. Physical postures can distract from mental clutter.
6. **Repetitive prayer/mantra:** Silently repeat a short prayer or phrase while practicing breath focus.

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Helping Loved Ones Cope

- Talk openly and honestly
- Acknowledge their concerns
- Give them reassurance
- Model good coping skills within yourself
- Moderate and monitor TV and social media
- Dispel rumors and inaccurate information
- Maintain normal schedules and routines within your home
- Encourage positive activities, games and play
- Give children some control (games, clothes, food)



Resources

- **SAMSA:** samhsa.gov
- **WHO:** who.int
- **Kids Health:** kidshealth.org
- **NIMH:** nimh.gov
- **CDC:** cdc.gov
- **NASP:** nasponline.org

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A Benefit for Employees and Families

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Confidential Life Balance Solutions at No Cost To You

Counseling

Set # of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict issues
- Substance use
- Grief

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

Legal Resource Center

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800-344-4222



Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

- Balancing work, home and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected



Your digital front door for easy, confidential access to personalized support, anytime you need it

-  Simple digital intake
-  Convenient counseling options: telephonic, video, chat therapy, in-office
-  Life Balance Solutions
-  Client-counselor matching, self-scheduling
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Accessible from your phone, tablet, or computer, Luma is your digital front door to everything Concern has to offer.

Luma combines technology, counseling, and self-help tools with compassionate human interaction—all in one place.

COVID-19 Resources

- Concern Service Continuity FAQs
- Options for Counseling Services
- COVID-19 Newsletter in English & Spanish
- Tips for Telecommuting Success
- Social Distancing
- Manage Fears & Anxiety
- Childcare Suggestions
- Financial Resources for Health Emergencies



<https://employees.concernhealth.com/coronavirus-resources>

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Your health and wellbeing are our top priority.

For guidelines and safe practices in the workplace and at home during the COVID19 pandemic, go to:

<https://employees.concernhealth.com/coronavirus-resources>

Thank you for your time and attention!

Please note that the content and Power Point slide deck of Mental Health & COVID-19 is a proprietary document of The WorkLife Training Institute and cannot be copied or used in any way without expressed permission.

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Seminar Evaluation Form: Concern Health

Please fill out and return to presenter or HR Representative. Your feedback is very important to us.

Seminar Title: **Managing Emotions During Turbulent Times** **Date:** _____

Presenter: _____ **Company:** _____

Regarding the Seminar	Excellent	Very Good	Good	Fair	Poor
1. How well were the seminar objectives met?					
2. Usefulness of seminar information?					
3. Length of seminar?					
4. Effectiveness of exercises?					
5. How would you rate this seminar overall?					

Regarding the Presenter	Excellent	Very Good	Good	Fair	Poor
1. Presentation skills?					
2. Ability to answer questions?					
3. Knowledge of subject?					
4. Use of time?					
5. Overall assessment of presenter?					

Additional Comments

1. What would you recommend that could help make this seminar more effective?

2. What part of the seminar did you find most helpful?

3. Additional comments/suggestions for speaker's improvement?

Thank You for Your Feedback!