

DIY

Do It Yourself:

Social Distancing Survival Guide



EMPLOYEE ASSISTANCE PROGRAM

Triad EAP offers benefits designed to help employees, their spouse or significant other and dependents under 26 with personal and/or work-related issues that may impact their job performance, health, mental or emotional well-being.

HOW WE CAN HELP

Triad EAP's network of highly qualified counselors help clients recognize and successfully address a variety of issues:

- Relationship difficulties
- Drug / alcohol misuse
- Depression or anxiety
- Grief, loss or trauma
- Family & parenting issues
- Job-related problems
- Workplace conflicts



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Triad EAP

As you read this we are in the second week of social distancing during the unprecedented Coronavirus outbreak. Honestly, the first week wasn't so bad. It was freeing not having to run my kids from one practice to another.

We had dinner as a family and watched movies together. I learned I can crush my husband in a plank-holding contest and that my 15 year old is better at Bananagrams than me. However, with many states under a Stay At Home Order or similar restrictions, the reality of missing direct social engagement with friends and co-workers will take a toll. So, what can we do over the next weeks to avoid feeling lonely?

Get Outside! My dog is happier than ever. Her people are home *all the time* and she get's multiple walks a day. Even while under the Stay At Home Order, it is OK to go on a walk, take a hike or ride your bike. The vitamin D boosts immunity and sunlight is proven to improve your mood. Parents, use good judgment when visiting playgrounds and execute excellent hygiene. If you go on a walk or hike with someone, keep 6 feet between you. Are you a gardener?

Now is a great time to start prepping those amazing flower beds and vegetable gardens.

Read a Book. As we distance ourselves from friends, family and co-workers, it will inevitably get lonely. The characters in a book can feel like a friend. It is an escape from the noise. Turn off your screens. Silence your phones. You may have a little more time on your hands than normal so take advantage of this time to get lost in a story.

Think of Others Do you have friends for family that live alone? Elderly neighbors that might need assistance? Pick up the phone and call them. Send an email and check-in. Leave a note on the neighbors door letting them know you are thinking of them. Have your kids make them a card. Being kind and caring not only will brighten their day but leave you feeling good as well.

Socialize via Technology. The use of technology can help us find new ways to be together while forced apart. Do you miss your morning coffee with co-workers? Try a Zoom meeting. How about happy hour after work with friends? Throw a Google Hangouts party. Did you stumble upon a binge worthy show on Netflix—invite your friends to watch with you through a Netflix Party.

Desperately missing Grandma and Grandpa? Teach them how to Facetime or Skype. Is it the same? Absolutely not but it is better than not socializing at all.



Social Distancing Some Do's and Don'ts

- **Do** stay home as much as possible.
- **Don't** assume that because someone is asymptomatic that they are not carrying the virus.
- **Do** stay 6 feet apart from others.
- **Don't** go to health care facilities unless necessary.
- **Do** wash your hands with soap for 20 seconds—OFTEN!
- **Don't** invite friends over.
- **Do** make sure you have essentials but be careful to buy only what you need.
- **Don't** visit people older than 60 or anyone with compromised immune systems.
- **Do** order carryout and support local businesses.
- **Don't** think this is just about you—we can limit the spread of the disease and the burden on our health care system.
- **Do** reach out for help if you are stressed, anxious or overwhelmed. Triad EAP telehealth counselors are ready to help.