

# **Stress and Coping Strategies During the COVID-19 Pandemic A Resource Guide**

June 2020



Loss Control Services  
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This guide is provided to Trust members and clients as a resource to assist employees with managing and reducing stress during the COVID-19 pandemic.

According to the Center for Disease Control, (CDC), “the outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**” To that end, the Workers’ Compensation Trust has compiled a list of stress and coping resources for your workplace.

### **Communication to Employees**

First and foremost all of the experts agree, employers need to communicate frequently to employees. For some, this may be the only source of reliable, trusted information. Topics should include:

- Updates on the Company Plan
- Information on what to do if an employee or family member becomes ill
- Information on your Employee Assistance Program or behavioral health benefits
- Resources from the CDC, State of CT, Centers for Disease Control, etc.
- Social distance and Handwashing guidelines
- Directing staff to reliable information and suggesting limits on time spent watching the news
- Reminders to staff to take care of their health, keep a routine, take time to exercise, and eat nutritiously
- Urge staff to stay connected through reaching out to other employees by phone, email or social media

If staff is working from home, managers or supervisors should check in at least weekly with their Team, encourage boundaries while working at home, as well as taking breaks. It is even more important to encourage them to keep in touch with other staff members.

Reliable resources should be reviewed frequently as there can be frequent changes:

- Centers for Disease Control (CDC): [www.cdc.gov](http://www.cdc.gov)
- Occupational Safety and Health Administration (OSHA): [www.osha.gov](http://www.osha.gov)
- State of Connecticut: <https://portal.ct.gov/>
- World Health Organization (WHO): <https://www.who.int/>

## **Coping with Stress Resource List**

The following websites will provide resources and guidance for you to share with your staff to assist with managing and reducing stress and anxiety in a pandemic world.

### **Centers for Disease Control (CDC)**

#### **Daily Life and Coping**

Information to cope with stress before and during a COVID-19 outbreak

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/>

#### **Stress and Coping**

Information on Stress and Coping:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

#### **Specific Information for Everyone**

Coping with a Disaster or Traumatic Event

<https://emergency.cdc.gov/coping/index.asp>

#### **For Communities**

Coping with Stress during and Infectious Disease Outbreaks

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4885.pdf>

Taking Care of Your Behavioral Health during an Infectious Disease Outbreak

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

#### **For Families and Children**

Helping Children Cope with Emergencies

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Coping After a Disaster – A Ready Wrigley activity book for children age 3-10

[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

#### **For First Responders**

Emergency Responders Tips for Taking Care of Yourself

<https://emergency.cdc.gov/coping/responders.asp>

Disaster Technical Assistance Center – Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/dtac/disaster-responders>

### **National Alliance of Mental Illness**

COVID-19 Resource and Information Guide

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

### **United States Department of Veterans Affairs: National Center for PTSD**

Managing Stress Associated with the COVID-19 Virus Outbreak Impact of the COVID-19 Outbreak on Individuals and Communities

<https://www.ptsd.va.gov/covid/COVID19ManagingStress032020.pdf>

Helpful Thinking during the Coronavirus (COVID-19) Outbreak

[https://www.ptsd.va.gov/covid/COVID\\_helpful\\_thinking.asp](https://www.ptsd.va.gov/covid/COVID_helpful_thinking.asp)

Tips for Providing Support to Others during the Coronavirus (COVID-19) Outbreak

[https://www.ptsd.va.gov/covid/COVID\\_provide\\_support\\_others.asp](https://www.ptsd.va.gov/covid/COVID_provide_support_others.asp)

## **State of Connecticut Department of Public Health Resources**

### **Mental Health Resources**

Although the disruption of everyday routines is anxiety-provoking for everyone, it can be especially so for people who struggle with mental illness

<https://portal.ct.gov/Coronavirus/Pages/Public-Health-Resources/Mental-Health-Resources>

### **Managing anxiety and OCD during a pandemic**

Although the disruption of everyday routines is anxiety-provoking for everyone, it can be especially so for people who struggle with mental illness

<https://medicine.yale.edu/psychiatry/news-article/23571/>

### **Warm Lines**

Warm Lines are telephone support services staffed by people who have experience/expertise with mutual support. These lines are not crisis lines and the days/hours of operation vary.

<https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines>

### **211CT website Mental Health Category**

Provides links to providers of counseling services for adults and children

<https://uwc.211ct.org/categorysearch/mental-health/>

### **HEALTHY LIVES CT website**

Provides information and tools for maintaining or regaining wellness in the areas of emotional wellness, physical wellness, holistic wellness, financial wellness, and recovery from addiction.

<https://www.healthylivesct.org/>

### **SAMHSA Disaster Distress Helpline**

Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **Mental Health and COVID-19**

Information and Resources - Webpage of Mental Health America recommended by Connecticut Department of Mental Health and Addiction Services.

<https://mhanational.org/covid19>

### **Coping with Corona: Mental Health Supports in a Pandemic**

Webpage of The Hub, Behavioral Health Action Organization for Southwestern CT and affiliated with the Connecticut Department of Mental Health and Addiction Services.

<https://www.thehubct.org/single-post/2020/03/16/Coping-with-Corona-Mental-health-supports-in-a-pandemic>

## **American Society of Safety Professionals**

10 Free Resources to Help You Manage Stress

<https://www.assp.org/news-and-articles/2020/04/06/10-free-resources-to-help-you-better-manage-stress>