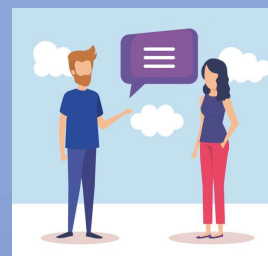


Coronavirus COVID-19



Coronavirus
COVID-19
Employee
Assistance
Advice

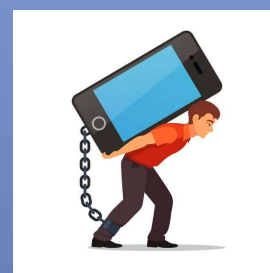
Tips for Managing Stress



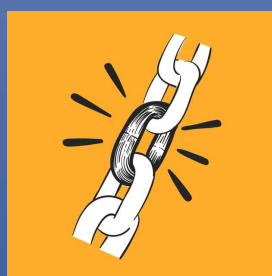
It's normal to be sad, stressed, confused, scared or even angry during a crisis. Just talking to someone can help. The HSE Employee Assistance Program have qualified counsellors who are here to listen.



Be aware that not everything being said about COVID-19 is accurate. Go to reliable sources, like the Health Protection Surveillance Centre (www.hpsc.ie).



Try to reduce stress caused by constantly watching or reading the news. Limit time on social media, especially when you feel the content is upsetting you.



Remember what you've done in the past to help manage stress and challenges. Know that you've developed skills and strategies to manage your emotions. Use them during this time too.



Self-care is key. Stay healthy by eating well, getting enough sleep, exercising when possible and keeping in touch with loved ones.



Employee Assistance Program

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