

Employee Assistance Program and the Pandemic We Can Help

Everyday life is stressful even under the best circumstances.

The pandemic has created an environment that magnifies these stressors and has created new ones that we never dreamed of.

- Increased workloads due to more employees having to take time off from work.
- Schools being closed or time in school reduced with little child care available.
- Many of us are now teachers for our children learning online.
- Masks and social distancing can be inconvenient and at times difficult to comply with.
- Unstable or overloaded internet connections cause us to miss online meetings and appointments.
- We may not be able to visit loved ones who are hospitalized or even attend funerals.

Simple everyday activities now can cause increased anxiety like grocery shopping or going to church activities.

Many of our stress relievers are not accessible like going to movies, eating at restaurants, and visiting with friends.

Many of us are feeling “zoomed out.”

It may feel like an additional cloud of stress now rests on top of our normal everyday problems.

The Employee Assistance program can assist you and your family.

The EAP counselors have an array of tools to assist you deal with the stressors related to the pandemic.

- We listen with compassion and without judgement. No problem is too small.
- We help assess the seriousness of your concerns.
- We provide techniques and resources to help deal with stress.
- We provide short term solution- based therapy to help you prioritize and tackle issues that have been weighing on your mind.
- We can assist you in finding additional help if you are in need of long term assistance.

EAP is here as a benefit for each employee so that you can be 100% your best!

Call 1-800-542-6021 or online eap-elink.uams.edu

