



Stress and pressure are things we all face every day. Facing the uncertainty related to the Coronavirus (COVID-19), adds to these stressors. Having the courage to handle both with grace is a critical skill for anyone to master.

# Coronavirus

## Grace Under Pressure

### Manage the situation.

We do not have much control over the current impact of COVID-19 in our lives, but we *can* control how we react. It is not unusual to feel overwhelmed, scared and unsure during this highly stressful time, but we can all learn ways of managing so that we come out feeling stronger and proud of how we handled ourselves and others. To remain calm and poised in the face of great challenges requires self-control, confidence and a strategy for resolution. You can do it.

### Stay calm. Have a plan.

Maintaining grace under pressure is all about staying calm and mature in stressful or problematic situations. Having a plan for how to manage your stress and making a conscious effort to remain calm and cool can be very helpful for operating successfully under pressure. Remember, information on the virus is updating all the time and what we do know is, there is no need to panic. To learn practical steps to prepare for the effects of the Coronavirus (COVID-19) visit [CDC.gov](https://www.cdc.gov).

### Let us help.

If you're struggling to manage, reach out. As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.CDC.gov).