



COVID Anniversary: Maintaining Caution & Guarding your Mental Health

Reflecting on the past year, it can be difficult to remain positive as the pandemic continues. As progress has been made in some areas, setbacks have been experienced in others, and the uncertainty of what the “new normal” will look like can be stressful and overwhelming.

Checking in with your mental health is important, and can help you to assess how you are feeling, what steps you can take to relieve stress, and consider accessing the resources available to you for support. The COVID-19 pandemic has separated us from our loved ones, friends, and coworkers, and has imposed restrictions that have forced us to adapt our behaviors and routines. This can make it difficult to keep a healthy outlook, but taking a break from the news and stepping back to gain some perspective can help.

While the pandemic has created feelings of isolation at times, there may be positive things to take away from the past year as well. The time at home may have given you a chance to try a new hobby or given you time to reconnect virtually with friends and family.

As the one year milestone is an opportunity to check in on your mental health, it is also a good time to refocus and be sure that you are remaining cautious. Concentrate on sustaining safe behaviours by paying attention to your physical and emotional health, understanding the risk of not continuing to be vigilant and reminding yourself of the importance of these behaviours to keep others safe. Accessing support and resources can provide strategies on how to re-fill your mental ‘tank’ through the pandemic.

The following resources are available to help:

- [COVID-19 fatigue? Here are 6 ways to overcome it](#)
- [Do you need a mental health checkup?](#)
- [Dealing with things you can't control](#)
- [Keeping a healthy outlook on the COVID-19 crisis](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play