



Cabin Fever + COVID-19

This is a very stressful time. The holidays are here, you may be worried about traveling, celebrating safely with family and friends, getting COVID-19, or afraid that someone you care about will get it. On top of that, many of us are trying to find ways to cope with spending so much time at home. Cabin fever can set in. You may feel trapped, bored, depressed and irritable.

Here Are Some Ideas That May Help You Cope

Try to Stay on a Regular Schedule. Having a normal routine may help you and your kids feel better. It's a good idea to have a set time for schoolwork and a limit on screen time.

Get Outside. Fresh air and sunshine are good for both your mind and your body. If you can, go out for a walk or a bike ride.

Connect with Friends and Family. A call, text, or video chat may help you feel less alone. You could try a virtual family gathering, meet-up or game night.

If You Live with Others, Find Some Time for Yourself. Go for a walk or drive by yourself. Do some deep breathing while you take a bath or shower. Get up before everyone else, and enjoy the quiet.

Get Creative. This could be a chance to do something you never had time for in the past. There are lots of free online classes. Maybe you could take dance or yoga lessons or learn a new language.

Look for the Good Around You. There are a lot of scary things going on, but good things are happening too. Look for stories that give you hope, like those of people helping other people.

Take a Break From the News. Focusing too much on it may make you more anxious and irritable.

Find Healthy Ways to Deal With Your Emotions. Think about what works for you. If anger or frustration overwhelms you, remind yourself to stop before you act. Everyone is feeling stressed.

Reach out if you need help.

If you're struggling with feeling sad, depressed, or anxious, you may need more help. The EAP includes a variety of free counseling resources:

- **Confidential Counseling:** Face-to-face, phone or video sessions.
- **TESS AI Chatbot:** 24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to +1 650-825-9634 to get started.
- **Online Peer Support Groups:** Online support groups for addiction, depression, bipolar, parenting, LGBTQ+ and anxiety.
- **24/7 Crisis Help:** Toll-free access for you or a family member experiencing a crisis.

Online Wellbeing Resources

Go to ibhsolutions.com/members to access free online wellbeing resources including webinars, articles, self-directed courses, MyStressTools, yoga, meditations and more.

Contact the EAP

WEB: ibhsolutions.com/members
CALL: 866-750-1327