

Emotional and mental well-being during COVID-19



DO YOUR POSSIBLE

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 - One of the largest medical and dental plan carriers exclusively for federal employees
 - More than **2 million** members
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 - We want you to “Do Your Possible” no matter where you are in life

Emotional and Mental Well-being during COVID-19

Today's presenters



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Social distancing

- ▶ COVID-19 has created the need for social distancing
- ▶ Our sense of well-being may be impacted





Mental health

- ▶ Emotional, psychological and social well-being
- ▶ Affects how we think, feel and act
- ▶ Determines how we handle stress, relate to others and make choices



Well-being

- ▶ Described as the state of being healthy, happy and prosperous
- ▶ Integrates mental health and physical health

What we may be experiencing & feeling

- ▶ Stressed
- ▶ Anxious
- ▶ Powerless
- ▶ Isolation
- ▶ Loneliness
- ▶ Depression
- ▶ Changes in sleep & eating
- ▶ Illness
- ▶ Loss
- ▶ Grief



We are all in this together!





Social distancing means *physical distancing*, not social isolation

- ▶ Maintaining human social connection
- ▶ Social connection makes human beings happier, smarter and more productive
- ▶ Social connection has a positive impact on our physical health

Well-being and coping with stress

- ▶ Connect with family, friends, and others – reach out by phone, video chats and letters
- ▶ Take breaks from watching, reading or listening to news stories
- ▶ Keep daily routines as much as possible





Well-being and coping with stress

- ▶ Eat healthy, well-balanced meals
- ▶ Avoid alcohol and drug use
- ▶ Get plenty of sleep
- ▶ Do things you enjoy that help you relax



Well-being and coping with stress

- ▶ Movement and exercise like stretching, walking, or yoga
- ▶ Meditation
- ▶ Practice mindfulness

Mindfulness

- ▶ Get comfortable in a nice chair, and slowly count from one to three. At the count of one, do one thing: roll your eyes up to the top of your head.
- ▶ At the count of two, do two things: close your lids on your eyes and take a deep breath.
- ▶ At three: exhale slowly, relax your eyes, and concentrate on a restful feeling of floating.
- ▶ Do this for about 30 seconds to a minute.
- ▶ Count backward from three to two to one, and open your eyes.



Parents and children

- ▶ Understanding their own reactions
- ▶ May need more attention and emotional connection
- ▶ Find positive ways to express their feelings
- ▶ Contact your health care provider or a behavioral health professional if you are concerned about your child's well-being

Resources

- ▶ GEHA website: Explains COVID-19 coverage and resources available to GEHA members. geha.com/COVID-19
- ▶ Centers for Disease Control and Prevention (CDC): Shares current information and updates about COVID-19. cdc.gov
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA): Offers COVID-19 guidance and resources. samhsa.gov
- ▶ SAMHSA Disaster Distress Helpline: Call 800.985.5990 or text TalkWithUs to 66746
- ▶ Call your health care provider if stress or anxiety gets in the way of your daily activities for several days in a row.

Questions?

At GEHA, we empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, it's most important we do what it takes to be your trusted partner.

We encourage you to visit our COVID-19 website to see the latest changes we're making to ensure your health is protected and for information on COVID-19.

geha.com/COVID-19

For more information, visit:

geha.com | geha.com/blog

     /gehahealth

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