



EDUCATOR WELL-BEING & COMPASSION FATIGUE DURING COVID-19

ACCESSING THE EAP



call or text **800.456.6327** to reach our 24/7 Access Center.



email info@perspectivesltd.com, please include your name, phone number, organization & job title.



Make an appointment for a videoconference appointment with an EAP counselor.



Utilize the "Live Chat" function

on your organization's features page to instant message with a counselor.



Download the Perspectives' EAP Spark App to make an appointment, Live Chat with a Counselor and access articles and self-help resources from anywhere.



COMMON SYMPTOMS OF COMPASSION FATIGUE

- Bottling up emotions
- Chronic exhaustion
- Feelings of isolation/disconnection
- Feelings of guilt, fear or hopelessness
- Substance Abuse
- Compulsive behaviors
- Poor self care
- Nightmares/flashbacks
- Physical ailments
- Decreased pleasure
- Difficulty concentrating
- Mental and/or physical exhaustion
- Preoccupation

QUARANTINE UPDATES

National:
1 800 232-4636

Apply for Unemployment Insurance, if affected:
1 800 244-5631

CDC Updates:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

SUBSTANCE ABUSE

Online AA meetings:
<https://aa-intergroup.org/>

Online NA meetings:
<https://www.virtual-na.org>

SAMHSA's National Helpline:
(Treatment/Referrals)
1 800 662-4357

Stress can be intense during a pandemic. You can mitigate your reactions and increase your wellbeing and focus on the job by trying any of the following:

REMAIN HOPEFUL

- Consider the situation in a broader context or keep a long-term perspective.
- Look for opportunities to see this as a growth or learning experience.
- Find things to be grateful about.
- Draw upon your spirituality, those who inspire you, or your personal beliefs and values.

INCREASE YOUR SENSE OF SAFETY

- Use all safety precautions put in place for you at work (and for your families at home).
- Seek out accurate information from the CDC or WHO.
- Use a buddy system to check-in and take care of each other.
- Take brief breaks for basic physical care and refreshment.
- Make plans for what will happen if someone in the home or your work unit becomes ill or if quarantine or shelter-in-place measures are ordered.

FIND WAYS TO BE MORE CALM

- Realize that it is understandable to feel anxious or worried about what has or may happen.
- Reduce the amount of times you check the news if it increases your stress, particularly prior to sleep.
- Prioritize stress management and be diligent when you find a method that works for you. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, staying busy, keeping the mind occupied).

IMPROVE YOUR SENSE OF CONTROL AND COMPETENCE

- Give your self a break if you make mistakes, or from worrying about your students.
- Accept circumstances cannot be changed, focus on what you can alter.
- Increase positive coping behaviors that have worked in the past.

STAY CONNECTED

- Consider it crucial to connect more with co-workers, leaders, family, friends or mentors.
- Prioritize making time for those who can help with problem-solving, decision-making, resource sharing and mutual support.
- Be creative in connecting via phone, email, text or video calls.