



## EFR EMPLOYEE & FAMILY RESOURCES

# Connection during a time of Distancing



As social distancing becomes increasingly necessary it's easy to be overwhelmed with feelings of loneliness, loss, and anxiety. It can be hard to feel connected while having to stay away from those we love. Yet connection is so important to our wellbeing. So how do we stay connected in a time of safely distancing ourselves?

### CONNECTION IS IMPORTANT

During these uncertain times technology has been able to keep people connected to their work, family, and friends. The benefits of video chatting, emailing, or simply making a phone call can be felt the minute you hear the other person's voice. So it's important to use this time to create more positive connections that support and uplift each other.

### CONNECT MINDFULLY

Plan to connect in unique ways with one another. This could include a virtual game night, virtual dinner date, or a dance party. A break from your typical at home routine may help boost your

mood and give you something exciting to look forward to.

### TAKE A BREAK

While it is important to stay connected and keep up on the latest news, make sure to establish healthy boundaries around how much time you spend on social media and consuming news each day. It's important to realize when certain connection become unhealthy and overwhelming.

### DON'T KNOW WHERE TO START?

Begin with the oldest and youngest in your circle when you're not sure who to connect with next. These groups could benefit greatly from regular check-ins and are likely to have feelings of fear when it

comes to handling their current situation without social support.

### CONNECT ON A DEEPER LEVEL

Check on both the introverts and extroverts in your life. Ask them how they are feeling and what they are doing to manage their feelings during the distancing. If someone in your circle is struggling to cope, make sure they know it is okay to reach out and get help.

Keep your EAP in mind during this difficult time. EFR has counselors available by phone 24/7 at **800.327.4692** to help you get through this, and we will do exactly that, get through this together!





## WELLNESS

### *All About Attitude April*

Attitude is everything, and attitudes are contagious! Don't catch a bad attitude from someone and don't spread a bad attitude to others! Here are 10 ways to keep your attitude in check.

Click [here](#) to download the April Monthly Motivator

## Resources to help you stay connected!

[5 Tips on Staying Connected at Home](#)

[Suggestions on how to Connect Meaningfully](#)

[Making Movement Part of Your Day](#)

[Apps to Keep you Connected](#)

## Emotion Well Podcast Episode 3!



The Emotion Well podcast covers a variety of topics related to emotional well-being. Episode 3 featured Hannah McMunn, a Prevention Specialist with EFR. A large part of her role on the Prevention Team is to provide resources and programming around the opioid epidemic in Jasper County, Iowa. Oftentimes people view legal drugs as much safer and less harmful than illegal drugs but in recent years, the opioid epidemic has proven that prescription pain medication can have just as many health consequences and can be just as dangerous and deadly. Listen to the Emotion Well Podcast [here](#) or find our podcast in Apple Podcasts and Google Podcasts!

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