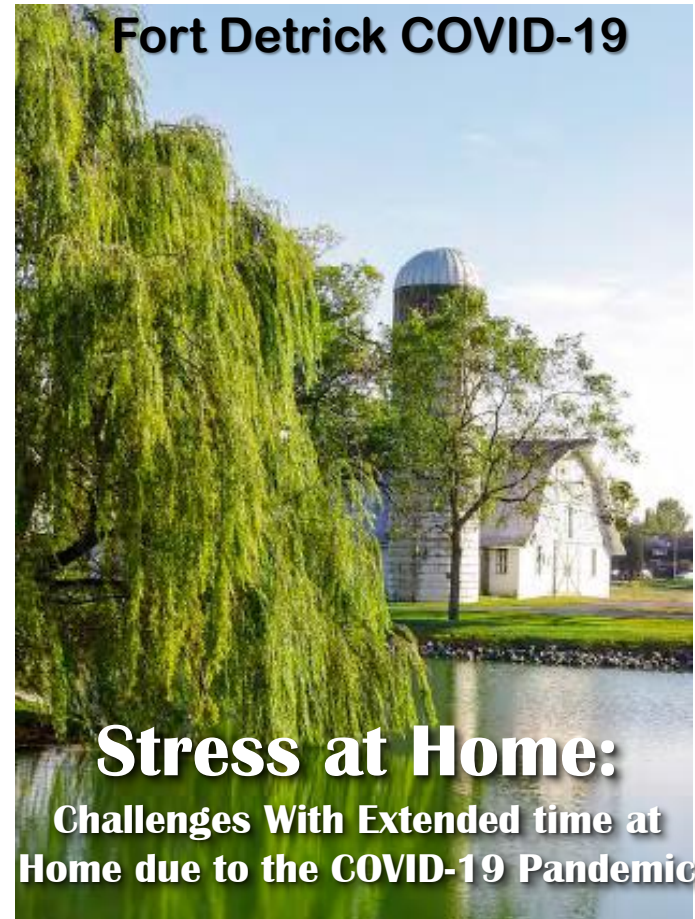




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**Installation Emergency
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Fort Detrick COVID-19



Stress at Home: Challenges With Extended time at Home due to the COVID-19 Pandemic

Let's face it, the COVID-19 pandemic has been going on for weeks now with no predictable end in sight. With everyone exercising Physical Distancing - told to stay at home and minimize contact with other people, it can leave people feeling isolated and alone.

The isolation is real, the claustrophobia is real, the lack of routine, challenges with spending too much time together, potential financial instability, boredom, and struggles with kids being home all day are all real.

So, with all of these unique stressors, what are you doing about them?



Why Do We Care About Your Stress?

1. A less stressed individual is a healthier and happier Member on the Fort Detrick Team.
2. We want to help lower your stress during these uncertain times.
3. We want to help keep you and your family on track for a bright and productive future.
4. Stress can cause a multitude of problems we want to help you avoid.

"In behavioral science research, certain negative emotions, stressors, and conflicts have long been associated with incidents of workplace aggression, employee turnover, absenteeism, accidents, fraud, sabotage, and espionage."

— Psychology is the Key to Detecting Internal Cyber Threats [\[HBR Article\]](#)

What Does Stress Look Like?

Are You ...

- Feeling overwhelmed
- Getting easily agitated, frustrated, or moody
- Worrying excessively
- Feeling restless
- Feeling bad about yourself, lonely, or depressed
- Experiencing low energy and/or having difficulty sleeping
- Getting headaches; having extra aches or pains
- Forgetting things; having difficulty concentrating
- Being overly pessimistic
- Changing your eating habits (eating too much or not enough)
- Procrastinating/avoiding responsibilities and/or having low motivation
- Increasing your use of alcohol, prescription drugs, or nicotine

Leadership Tip

"Organizations must recognize times of change as particularly stressful for employees, acknowledge the increased risk associated with these stress points, and mitigate the risk by clearly communicating what employees can expect in the future."

— Common Sense Guide to Mitigating Insider Threats (5th ed)



QUESTIONS FOR YOU:

1. What 3 things are causing you stress in this situation?

Possibilities:

Kids at home all day Boredom
ISOLATION Loneliness financial
uncertainty POOR COMMUNICATION IN
TELEWORK ENVIRONMENT lack of
emotional connection with family/friends
too much time with those you live with

2. What does your stress look like?
What are your symptoms?

3. How are you handling these stressors?

Stress Can Lead to Things Such As:

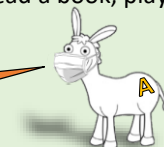
- Mental health problems like depression, anxiety, and personality disorders
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke
- Weight gain or weight loss
- Poor work performance
- Relationship problems
- Impaired decision-making skills



Solutions for Stress

Basic strategies to minimize the symptoms:

1. Read/watch news from reliable sources (and take breaks from the news)
 2. Recognize the things you can control, like having good hygiene
 3. Try relaxation techniques – [Headspace](#)
 4. Avoid excessive caffeine, alcohol, and prescription drugs
 5. Indulge in exercise; get outside
 6. Get the right amount of sleep (don't oversleep, but get enough sleep)
 7. Stimulate your mind - try a crossword puzzle, read a book, play a board game, etc.
- [Lumosity](#) , [Elevate](#)



Let's look at some specific stressors.

If You Are Feeling Restless, Bored, or Unproductive

Then Try These ...

1. Learn a language – [Babbel](#)
2. Take a free online course – [EdX](#)
3. Regularly schedule walks and/or workouts
 - [Free Online Workouts](#)
 - [Hiking Trails](#)
4. Read something or listen to an audiobook (while on a walk)
5. Listen to [Ted Talks](#)

If You Are Feeling out of balance or overwhelmed

Then Try These ...

1. Get up at the same time you normally would every day (don't sleep in everyday).
2. Create a "to-do" list, even if it's a short one on a timeline for the day.
3. Establish a routine for daily activities.
4. Exercise regularly (do it at the same time everyday, it'll help).
5. Regulate your eating habits; plan out your meals.

If Your relationships with those you live with are suffering

Then Try These ...

1. Establish household ground rules
 - Scheduled alone time away from each other
 - Create a schedule for chores and responsibilities
2. Get active, (together or alone) and work off any frustrations
3. Relive happy memories via photos and videos
4. Plan future activities together (vacations, trips, restaurants to try)
5. Couples therapy/family therapy via phone call/video chat

If You are Feeling Lonely

Then Try These ...

1. Maintain a social life: video chat with friends, family – [Houseparty](#), [Netflix Party](#)
2. Keep to a normal schedule as much as possible, get up and get ready for the day
3. Go outside and exercise regularly
4. Join an online community
 - Facebook groups
 - Forums about your hobbies/interests
 - Join a multiplayer game – [Wordfeud](#)
 - Join [QuarantineChat](#)
5. Work on a home project like organizing that closet you haven't gotten around to