



State employees,

When you hear, read or watch news about an outbreak of an infectious disease such as COVID-19, it's normal to feel anxious and stressed. Taking care of yourself during times of stress and uncertainty is extremely important. We want you to know there are support systems and resources available to help you maintain your own wellness during an infectious disease outbreak.



Talk to someone if you are feeling overwhelmed or concerned with everything that is going on. Reach out to family or friends. State of Colorado employees have a free, confidential counseling resource in the [Colorado State Employee Assistance Program](#) (CSEAP). CSEAP will be holding recurring webinars for state employees on managing stress and anxiety during uncertain times. Visit their [website for more information](#).

Make sure you are getting your information from an accurate source such as the [Centers for Disease Control and Prevention \(CDC\)](#) or the [Colorado Department of Public Health and Environment \(CDPHE\)](#), which are updated regularly and provide valuable resources and information.



Be prepared. Creating a plan for your family can help ease a significant amount of stress and worry for you and your family. For more information on creating a family plan, and how to support members of your family during this time, click [here](#). The more prepared you are and the more you know, the less stress about the unknown you will experience.

Exercise, maintain a healthy diet and get plenty of rest.

Stress is a real outcome during times of disease outbreaks so be sure to know the signs:

- Changes in energy levels;
- Confusion or difficulty concentrating;
- Increase in irritability;
- Trouble sleeping or relaxing;
- Crying and/or excessive worry; and
- Headaches, stomachaches, loss of appetite, eating too much, sweating, or twitches.

Kids will have questions about coronavirus, and they are sensitive to the stress and fear of adults around them. Taking care of your stress will help kids reduce their own fear. Resources are available to help adults talk with kids about COVID-19.



[Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019](#)

[WHO Infographic Helping Children Cope](#)

[National Association of School Psychologists Helping Kids Cope](#)

Here are some additional resources

[Emergency Responders: Tips for taking care of yourself](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Colorado Crisis Services](#)

Your well-being during this time is important to us, and we want to create a workplace that is supportive of you and your holistic health.

Thank you for all you do for Colorado,

Kara Veitch

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State Personnel Director

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