

## The COVID-19 Marathon

COVID-19 isn't a sprint, it's a marathon. And it isn't over. A friend said it might be more like one of those Ultra-Marathons, which is much longer. This Global Pandemic has demanded that we "hang in there" through the extreme rigors of mass lockdowns, family stress, anxiety, economic changes, working from home, political unrest, homeschooling, health fears, people who aren't willing to follow the simple guidelines, swabs up our noses, shots in our arms (finally), and who knows what's next. This isn't a sprint that we will finish any time soon. We researched some articles about surviving a marathon and thought you might like to consider these ideas and apply them to our situation:

### Find a relatively easy, sustainable pace.

Finding our rhythm can be difficult when things change on a daily or weekly basis. Maintain your personal routines. Healthy rituals help anchor our days in the familiar.

### Don't fear hitting the Wall.

When you get tired, burned out, overwhelmed, fed up, or bored by all the sameness of COVID-19, take a breath, turn to something familiar to regroup, don't quit, slow down a little, and remember that even though this is long, it isn't forever.

### Don't freak out.

Manage your emotions like you would your body temperature. If you get too excited, anxious, upset... cool down. If you get too apathetic, depressed, bored... heat it up a little. Find ways to manage your emotional ups and downs with gentle activities that add or subtract from the energy of the moment.

### Don't force it.

Like they say, you can't eat an elephant at one sitting, you need to have one bite at a time. Take your time to find your own way through your days. Your way might not be like others in your bubble, but your way can work. Don't force yourself or others to match your pace. Encourage everyone to make it to the finish-line.

(Continued)



## COVID-19 and Keiki

Parenting can be stressful. COVID-19 isn't helping.

Being a child can be stressful. COVID-19 isn't helping.

The list of common stressors that are considered typical for children must now include the complicated stressors of dealing with COVID-19.

- Worrying about missing school
- Worry about going to school and getting sick
- Worry about parents or family members getting sick
- Money fears
- Missing friends
- Feeling stubborn
- Unable to focus
- Difficulty sleeping
- More moody
- Regressions
- Changes in eating habits
- Refusal to help with chores
- Increased aggression toward siblings
- More need for time with parents
- Disappointments from losses
- Older children worry about their future
- Younger children worry about their safety



### How can you help:

- Expect your kids to ask hard questions.
- Give honest answers to their questions.
- Provide reassurance that is legitimate and real.
- Help kids practice good habits.

(Continued)

## The COVID-19 Marathon (continued)

### Eat well, sleep.

Take care of your body, your hygiene, nutrition, hydration, and don't forget to take in beauty every day. Look out the window at where we live. Breathe deep, drink tea, find fresh foods, cozy up under blankets on that chilly Hawaiian February morning, wear socks. Do what it takes to comfort and enhance your physical being.

### Revise your goals.

Find new ways to achieve your hopes and dreams. Obstacles can become opportunities with the right mindset. Change your pace without giving up the race.

### Keep Perspective.

Look past your own situation to the big picture and see how well you are actually doing. This is local and global. It is massive. And look how far you have come already. Awesome, right? Keep it up. You got this!

### Maintain outside support.

You are not alone. Look around. Others are doing what you are doing. Reach out to avoid isolation. Do whatever it takes to stay connected. And know your EAP is here to support you. Call and arrange a time to talk story if you want. You don't need a crisis to call us.

## COVID-19 and Keiki (continued)

- Don't make promises you may not be able to deliver.
- Teenagers may have more complicated emotions, so be prepared.
- Small children may not be able to conceptualize ideas so make answers simple and clear.
- Help children identify and name (label) their feelings and reassure them that is reasonable to have them.
- Take care of yourself so they can see what that looks like.
- Help them find creative ways to fill time in order to manage their feelings, not ignore them.

If you get overwhelmed, call your EAP for new ideas.

**YOU ARE NOT ALONE. WE ARE LOCAL AND DOING IT TOO AND WE ARE HERE TO HELP.**

### Managing OVERWHELM

Take a deep breath.

Say No and take a break.

Stop adding things to your plate.

Delegate.

Do something different.

Make a list and re-prioritize.

Practice Extreme Self-Care.

Meditate, go for a walk, find beauty.

Do some artmaking.

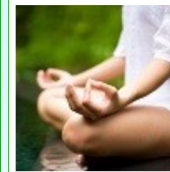
Let go of one thing.

Reach out.

Call your EAP (808) 597-8222.

## Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



### DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

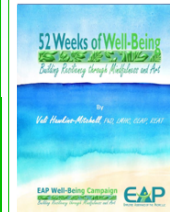
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### CANNABIS AND YOUR JOB: WHAT YOU NEED TO KNOW

Attitudes about cannabis (marijuana, pakalolo) have certainly changed in the last few years. The recreational use of cannabis has been...

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### 50 IDEAS FOR SELF-CARE

If you just need some good old fashioned self-care (and who doesn't?)...here is a list of great ideas.

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*(If this is a pdf you may be able to click the links to each article above!)*

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Or your PAP website at [www.HawaiiPAP.com](http://www.HawaiiPAP.com)

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EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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