Staying Healthy While Working During COVID-19: Tips and Local Resources for Michigan’s Workers

The COVID-19 pandemic has caused a great amount of stress for everyone. While we learn to navigate through this difficult time, it is important to pay attention to your mental health while working in the time of COVID.



What are symptoms of stress?

* Feeling irritation, anger, or denial
* Feeling uncertain, nervous, or anxious
* Feeling helpless or powerless
* Lacking motivation
* Feeling tired, overwhelmed, or burned out
* Feeling sad or depressed
* Having trouble sleeping
* Having trouble concentrating

### What are some ways to cope with stress?

* Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
* Take care of your body.
	+ Take deep breaths, stretch, or meditate
	+ Try to eat healthy, well-balanced meals.
	+ Exercise regularly.
	+ Get plenty of sleep.
	+ Avoid excessive alcohol and drug use.
* Make time to unwind. Try to do some other activities you enjoy.
* Connect with others. Talk with people you trust about your concerns and how you are feeling.
* Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail

How to cope with stress at work?

* Communicate with your coworkers, supervisors, and employees about job stress.
* Remind yourself that everyone is in an unusual situation with limited resources.
* Identify and accept those things which you do not have control over.
* Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.
* Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
	+ Try to get adequate sleep.
	+ Make time to eat healthy meals.
	+ Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.

What are some tips for working parents?

* Try to stay organized
* Create a routine
* Use any resources available to you
* Try to schedule stress relief activities like yoga or meditation
* Don’t forget about your own mental health

How can essential workers be protected during the Pandemic?

* Talk to your supervisor about your concerns
* Wear your personal protective equipment
* Wash your hands often
* Social distance
* Follow established safety guidelines to reduce your risk of exposure

What are your rights, roles and responsibilities and how can you stay safe at work?

* Training on infection prevention and control and how to use PPE
* Having access to personal protective equipment
* Treat patients with respect, compassion and dignity
* Maintain patient confidentiality

Where can I get support?

There is no shame in seeking help! Be sure to take advantage of the resources available to you.

* ACCESS center in Dearborn
* Refer to your employee assistance program
* Emergency Assistance
	+ Apply for energy, health insurance, food & other assistance through MIBridges
* Unemployment assistance
	+ Apply for unemployment assistance through the Michigan Unemployment Insurance Agency

Additional resources:

If you would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises, get help from:

**Headspace web service**

Free to all Michiganders (normally a paid service)

Visit: [headspace.com/mi](https://www.headspace.com/mi)

**Michigan Stay Well Counseling via the COVID-19 Hotline**

Call 1-888-535-6136

Press "8" to talk to a Michigan Stay Well counselor.

Counselors available 24/7 - confidential and free

**National Disaster Distress Helpline**

Call: 1-800-985-5950

Text the keyword TALKWITHUS to 66746

Available 24/7

**National Suicide Prevention Lifeline**

Call: 1-800-273-8255 - Available 24/7

Text TALK to 741741

Visit: [suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/)

**National Suicide Prevention Deaf and Hard of Hearing Hotline**

Access 24/7 video relay service

Call: 1-800-273-8255 (TTY 1-800-799-4889)

Visit: [suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/](https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/)

**SAMHSA’S National Helpline**

Call:1-800-662-HELP

Visit: <https://www.samhsa.gov/find-help/national-helpline>

**LAHC-Leaders Advancing and Helping Communities**

Contact Details

5275 Kenilworth Street

Dearborn, MI. 48126

Phone: 1-888-315-LAHC (5242)

Fax: 313-846-2710

Email: info@lahc.org

Hours of operation: Monday through Friday: 8:00 a.m.-5:00 p.m

**ACCESS (Arab Community Center for Economic and Social Services)**

Contact Details

2651 Saulino Court

Dearborn, MI 48120

Phone: (313) 842-7010

Fax: (313) 203-7302

**American Heart Association**

Contact Details

27777 Franklin Road, Suite 1150

Southfield, Michigan 48034

Phone: 248-936-5800

Fax: 248-936-5784

* Executive Director: Kristian Hurley
* RVP Youth Market: Amy Hobley

**Bwell: Beaumont's Employee Wellness Program**

Contact Details

[http://beaumont.org/bwell](http://beaumont.org/bwell?fbclid=IwAR2LnlN_VCajUL7rRsZiI3wgP_t1GsmIZEXW8jqjTE2js01JHO8VmYAxt8g)

bwell@beaumont.org

**HUDA Clinic** is a free health clinic dedicated to providing free or low cost medical, dental and mental health services for uninsured and underinsured residents in the Dearborn area

Call: (313)-865-8446

Address: 13240 Woodrow Wilson St. Detroit, MI 48238

Email:[info@hudaclinic.org](http://info@hudaclinic.org/)

**Yoga Shala and Wellness Center**: FREE Yoga at the Dearborn Farmers Market.

Location

(313) 982-7700

[22213 Michigan Avenue, Dearborn, MI 48124](https://www.google.com/maps/search/?api=1&query=Yoga%20Shala%20and%20Wellness%20Center%2022213%20Michigan%20Avenue,%20Dearborn%2048124%20MI)

[**Detroit, MI Yoga Free Events | Eventbrite**](https://www.eventbrite.com/d/mi--detroit/yoga-free/)

Website**:** [**https://www.eventbrite.com/d/mi--detroit/yoga-free/**](https://www.eventbrite.com/d/mi--detroit/yoga-free/)

[**Detroit, MI Meditation Classes Events | Eventbrite**](https://www.eventbrite.com/d/mi--detroit/meditation-classes/)

Website**:** [**https://www.eventbrite.com/d/mi--detroit/meditation-classes/**](https://www.eventbrite.com/d/mi--detroit/meditation-classes/)

**Beaumont Center for Mindfulness**: [Free, live, online weekly drop-in sessions](https://www.beaumont.org/docs/default-source/mindfulness/weekly_online_fall_2020.pdf?sfvrsn=901c3cf9_2)

WEEKLY ONLINE MEDITATION GROUP. Winter 2021

Mondays from 11:15-11:45 a.m. January 4 to March 29 Wednesdays from 7:30-8 a.m. January 6 to March 31 Online via videoconference

Register: surveymonkey.com/r/RQLHXFK

Website: <https://www.beaumont.org/docs/default-source/mindfulness/weekly_online_fall_2020.pdf?sfvrsn=901c3cf9_2>

[**Social and Emotional Resources - Dearborn Heights School**](https://www.district7.net/apps/pages/index.jsp?uREC_ID=1866385&type=d&pREC_ID=2016862)

Free Mindfulness Courses

Website : <https://www.district7.net/apps/pages/index.jsp?uREC_ID=1866385&type=d&pREC_ID=2016862>

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