

# Coronavirus

## Are You Experiencing Cabin Fever?

If you or your family members are going stir-crazy hunkered down at home, the following tips may help. The effects of cabin fever can be minimized by making choices that keep you and those around you active, healthy and hopeful. Refocus negative thoughts to positive to help get through this tough period at your best.

### Complete tasks that make you feel accomplished:

- Read a book
- Catch up with paper filing or destruction (shredding)
- Go through that pile of mail
- File your taxes
- Clean a closet or storage space
- Organize pictures
- Re-connect with friends and family by writing letters or making phone calls
- Finish a DIY project you started
- Sort clothes you plan to donate
- Wash and clean out your car

### Remember that stay at home orders are only temporary:

- Start planning and planting your summer garden
- Plan your next vacation
- Schedule family reunions and take care of the arrangements
- Exercise and focus on eating well — summer is coming!
- When sun rays come through your window, sit where you can feel the brightness and warmth
- Look online for a new yard feature or pillows for the patio
- Look online for yard games
- Order a new summer outfit

### Find ways to be active and have fun:

- Go for a walk
- Try out a new recipe
- Make cookies and enjoy the aroma throughout the house
- Play upbeat music
- Phone a friend or relative
- Make a fun drink, then sit out in the sunshine and enjoy it
- Video chat with friends
- Plan a game night via video with extended family
- Catch up on a TV series
- Treat yourself to a little self-care

Overall, it's important for you and your family to stay mentally and physically active while connecting with others.

**This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).**

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.