

Welcome! Thanks for joining us today.

The EAP **Working From Home During COVID-19** session will begin soon.

While you are waiting, please type any questions you would like us to answer today in the Question or Chat Box for the presenter.

WORKING FROM HOME DURING COVID-19: COPING WITH THE CHALLENGES, SETTING YOURSELF UP FOR SUCCESS



WASHINGTON STATE

Presented by: Matt Gilbert, LMFT
Kari Uhlman, LMHC

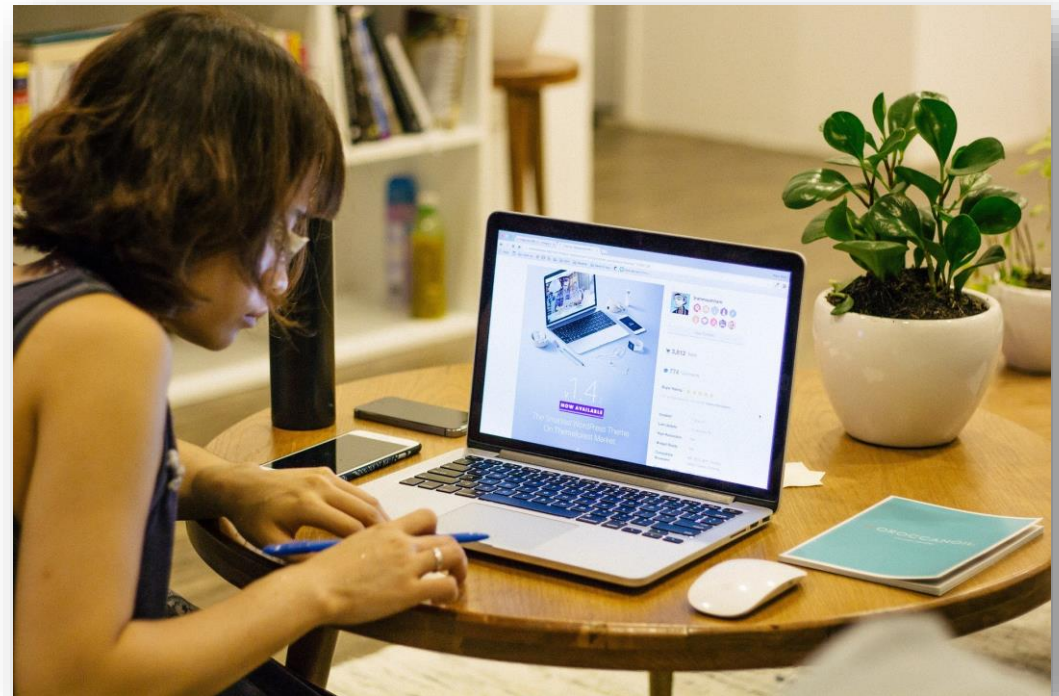
W O R K

F R O M

H O M E

It Starts at Home

- Set up your office space
- Organize your work station
- Set up & learn how to use technology
- Set boundaries



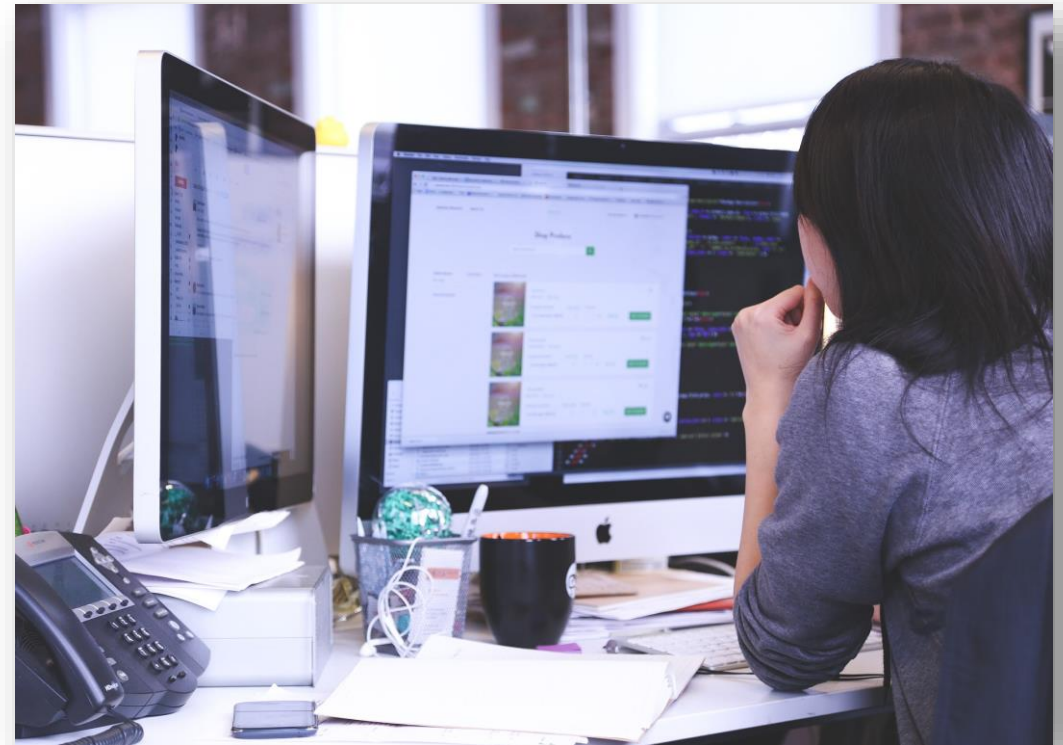
Set Up Structures & Routines

- Take a shower & get dressed!
- Continue with daily routines
- Bookend your day
- Take breaks
- Eliminate distractions
- Organize your day



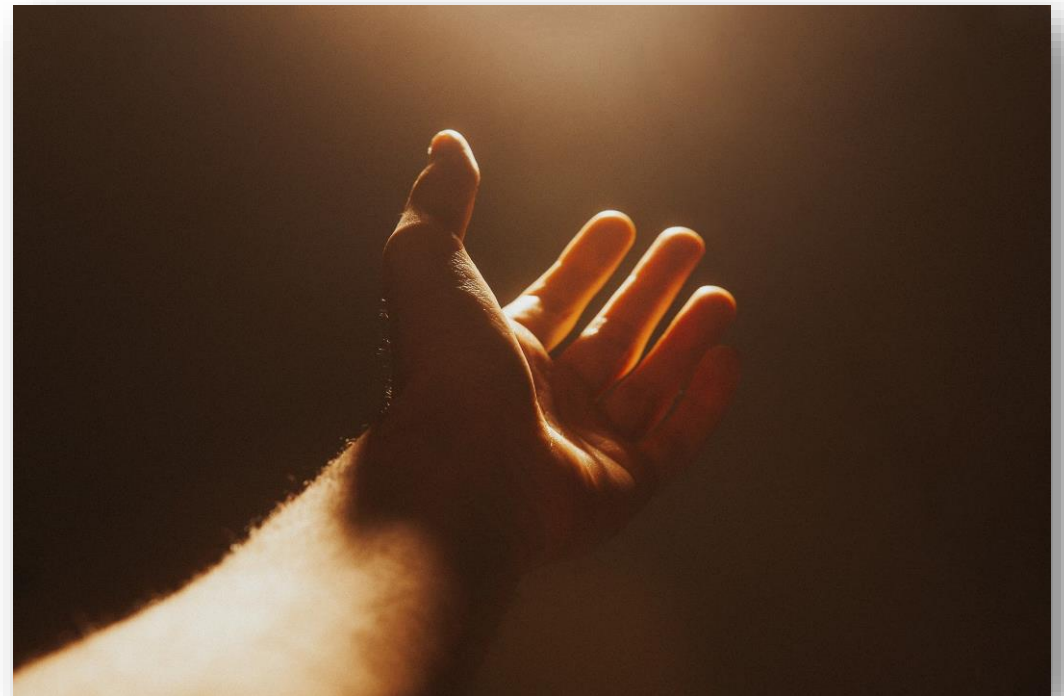
Communication

- Communicate more rather than less
- Learn & use all of the virtual tools available to you
- Communicate your availability



Connection

- Stay connected to avoid feelings of Isolation & loneliness
- Be aware of the impact
- Create a plan



Managing Exhaustion

Causes:

- ☐ No choice
- ☐ Things used to be automatic
- ☐ Missing connections
- ☐ Distractions

Fixes:

- ☐ What do you have control of?
- ☐ Keep learning
- ☐ Reach out
- ☐ Make it part of your day

Managing Exhaustion

Causes:

- ☐ New pressures
- ☐ Flow of information
- ☐ More intense life
- ☐ Lack of movement

Fixes:

- ☐ Focus on gratitude
- ☐ Filter
- ☐ Focus on others
- ☐ Moments of movement

Navigating Difficulties



Self-Care

Make a list of 10 activities that generate excitement and enhance your ability to unplug and relax



When do I need help?

Trauma (or Secondary Traumatic Stress)

- Re-experiencing (flashbacks, nightmares)
- Avoidance (thoughts, people, situations)
- Negative cognitions and mood (blame, fear)
- Arousal & reactivity (irritable, reckless, concentration, sleep issues)

•Anxiety

- Is your worry excessive in intensity, frequency, or amount of distress it causes?
- Do you find it difficult to control the worry (or stop worrying) once it starts?

•Depression

- Little interest or pleasure in doing things
- Feeling down, depressed, or hopeless

EAP is here to support you

- Free for you and your family
- Confidential
- Easy to access
- Expert professionals
- Practical help
- From everyday concerns to serious issues
- Caring and respectful
- Culturally relevant
- Supporting the WHOLE person



eap.wa.gov
877-313-4455

Resources

- BBC – [Coronavirus: How to Work from Home, the Right Way](#)
- DES – [Online Learning Resources for Workforce Development](#)
- DES – [Telework Resources](#)
- DES – [Tips for Using VPN](#)
- Forbes – [9 Tips to be Productive when Working at Home During COVID-19](#)
- Forbes – [Why Working From Home is so Exhausting-And How to Reinvigorate](#)
- HubSpot – [How to Work From Home: 20 Tips From People Who Do It Successfully](#)
- Zoom – [New to Working from Home? Here are Some Tips to Help You Meet Like a Pro](#)