



# Hope

## Managing worries around vaccination

As COVID-19 vaccines roll out, we can begin to hope that important practices such as quarantine and social distancing may become less of the norm. But it may have triggered some worries as well, such as:

- Is the vaccine safe?
- Should I get it?
- When can I get it?

### What we know:

- Vaccines are reviewed by the U.S. Food and Drug Administration (FDA) through careful scientific and regulatory steps to ensure they are safe and effective. Safety is the top priority.
- Vaccination will be an important tool to help stop the pandemic and return life back to normal, or at least a new normal.
- People with the highest risk will get the vaccine first and then the rest of the population.

### Tips for managing uncertainty

Dealing with the unknown can cause worry and anxiety. It's important to remember there are ways to feel better in these difficult times. Consider these tips:

- **Take control over things you can control.**
  - Stay informed, but limit how often you tune in.
  - Get information from trusted sources such as the **Centers for Disease Control and Prevention (CDC)**, **World Health Organization (WHO)** and your local public health authorities.
  - Avoid spreading misinformation as this can lead to increased worry.
  - Follow recommend safety guidelines. Wash your hands, wear a mask, keep proper physical distance from others and stay home as much as possible.
  - Talk to your doctor about any concerns or worries you may have.

- **Challenge your need for certainty.**

- Realize there's very little certainty in life and worrying doesn't change the outcome.
- Focus on worries you can solve through helpful actions and behaviors.

- **Manage stress and worry.**

- Get moving. Go for a walk, do some yoga or just dance it out.
- Make time for relaxation. Bring your attention to your breath and body. Focus on what you see, hear, smell and the feelings in your body. Breathe slowly in and out until you feel calmer.
- Get enough good sleep. Try to keep a sleep schedule, stay away from your electronics an hour before bed and make your bedroom comfortable and quiet.
- Eat well. Make healthy choices.
- Be grateful. Take time every day to recognize the positives in your life.

Many people are feeling the same way. Talking about your feelings can help you feel more positive about the future.

Remember you're not alone.  
Call us. We're here for you 24/7  
to provide emotional support  
and resources during these  
tough times.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.

