

SIX WAYS TO MANAGE STRESS & ANXIETY WHEN SELF-ISOLATING

Taking Advantage of Your Employee Assistance Program

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Are you feeling overwhelmed or depressed from the self-isolation related to the current crisis? In addition to offering counseling free of charge, your Employee Assistance Program offers six great tips on how to cope with the new environment we've all been mandated to practice.

1. Refrain from using drugs or alcohol as coping mechanisms.

2. Keep a routine, especially for all meals, sleep and exercise.
3. Stay active with in-home exercises or short walks around your neighborhood.
4. Consider wellness programs like meditation, yoga or breathing exercise.
5. Stay connected with others by chatting over the phone or internet.
6. Seek help immediately if you're feeling depressed or overwhelmed by your isolation.

Refer to your Employee Assistance Program for additional wellness tips." ♦
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Paul Schandel brings 17 years of experience in Employee Benefits to Foundation Risk Partners (FRP). Paul was raised in Ormond Beach, FL, and received his Bachelor's in Business Administration from the University of Florida. He has been with Reames Employee Benefits Solutions, a Corporate Synergies Company, since 2007. He holds the professional designation of Registered Employee Benefits Consultant from The American College and Certified Self-Funding Specialist from Health Care Administrators Association. He is a graduate of both the Daytona Beach and Ormond Beach Leadership Classes and is very active in the community. Paul is a past-president of the Rotary Club of Daytona Beach West, is a recipient of Daytona's 40 Under 40 Awards, and is on the Board of Directors of several local organizations. ♦

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