



# Mental health + COVID-19:

## Small steps and healthy returns

COVID-19 has affected the mental health of countless millions around the world. Employers are aware that rates of stress, burnout and anxiety are on the rise everywhere and are making help available. Getting help addressing problems today can help ensure they don't become a major concern tomorrow. If you're struggling, take one of these small steps today:

### 1. Acknowledge your feelings

- Keep a journal of how you're feeling.

### 2. Acknowledge your stress triggers

- Perhaps avoid checking your newsfeeds.

### 3. Practice mindfulness

- Try yoga or another mindfulness routine.
- Download the Wysa app to access dozens of activities.

### 4. Seek help if you need it

- Learn about the symptoms of anxiety and depression.
- Reach out to a health professional if you're regularly feeling anxious or low.
- Ask for help if your mood is causing problems with your relationships or work commitments.
- Get support if your anxiety is interrupting your sleep, productivity, social interactions or management of life admin.

**Act now. Take the first step today on your journey towards better mental health.**

### Have questions?

- Ask your plan sponsor/employer about your policy cover and well-being benefit.
- Connect with a primary care physician or counsellor through vHealth\* or Aetna Well-being via the Health Hub – your secure member website.
- Speak to a CARE team clinician for advice via the Health Hub or by calling us at the number on the back of your member ID card.
- Download the Wysa app for confidential, anonymous support via a chatbot buddy or to connect with a Human Coach.

### Learn more

Discover how to protect your mental health during the COVID-19 pandemic and beyond. Visit Aetna International's 'COVID-19 resources' and 'Mental health support resources.' Follow Aetna International on social media: [in](#) LinkedIn | [Twitter](#) | [Facebook](#)

You're not alone. Getting help today makes for a better tomorrow.

**Mental health resources:** <https://www.aetnainternational.com/en/about-us/explore/workplace-mental-health-support-resource.html>

**Health Hub:** <https://www.aetnainternational.com/members/login.do>

\*For those eligible

AetnaInternational.com



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