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Paliesius Clinic | How to cope with stress and anxiety

At work during a pandemic

Anxiety can be both healthy and unhealthy

Healthy Anxiety is a normal reaction and helps us to take adequate measures to protect our selves and the people around us. The healthy anxiety can help us to follow guidelines and be more careful not to spread the virus.

Unhealthy Anxiety is an unreasonable response. An unhealthy anxiety has more fear and limiting factors that makes us take unreasonable decisions and makes us less productive in our work and free time.



Strategies to cope with stress and anxiety

Be physically active– Physical exercise is one of the most effective ways of treating stress and anxiety. Being physically active also gives you a higher stress tolerance.

A simple question – "How do you feel?" - can make a big difference. A simple question that shows you pay attention and that they are important to you.

Share your feelings and strategies – If you have a healthy anxiety, you can share with your colleges how you have coped with this situation.



Strategies to cope with stress and anxiety cont.

Take a short brake to lower stress -

A short 5- 10-minute brake, with simple guided meditations or breathing exercises will lower your stress – Exercises are easily found on ex. YouTube.

Have a contacts list – A easily accessible list with contact number or email is important for anyone who have doubts about seeking help.

Work from home - One day per week of “work at home” may be good not only for emotional health, but also for a better work productivity.





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Please contact us for more information or advice
implementing any of these strategies

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