



COVID-19 WEBINARS FROM YOUR EAP

- ▶ 5 Tips for Adjusting to Work from Home
- ▶ COVID-19: Disaster-Proof Your Finances
- ▶ COVID-19: Facts You Need to Know
- ▶ Caring For Your Elder During the Pandemic
- ▶ Coping with COVID-19 on the Front Lines: Stress Management Strategies for Healthcare Providers
- ▶ Finding the Superhero Within: Facing COVID-19 - Character Strengths
- ▶ Finding the Superhero Within: Facing COVID-19 - Mindfulness Practice
- ▶ Finding the Superhero Within: Facing COVID-19 - Positivity & Compassion
- ▶ Grief and Change During COVID-19
- ▶ Managing Time and Setting Boundaries
- ▶ Mental Health & COVID-19: Strategies to Manage Anxiety, Fears and Stress
- ▶ Staying Visible and Connected when Working From Home
- ▶ Working from Home with Children

These webinars, plus more resources and information for you and your loved ones are available through your EAP Online Portal, or by calling our 24/7 Access Center to speak with an EAP counselor.

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