COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. We've put together these resources to help you cope during this challenging time.

**National resources**
- Centers for Disease Control and Prevention (CDC) website
- Resources For Living COVID-19 resources
- Resources For Living caregiver resources

**Managing stress and anxiety**
- Ways to keep CALM webinar | Transcript | Transcripción en Español
- Ways to stay CALM infographic | En Español
- Managing COVID-19 anxiety and stress webinar | Transcript | Transcripción en Español
- Ways to relieve stress during COVID-19 webinar | Transcript
- Coping with coronavirus fears | En Español
- Dealing with the unknown

**For parents and children**
- Challenges and tips for parents during COVID-19 | Transcript
- Helping children cope with COVID-19 | Transcript | Transcripción en Español
- You can be a Health Hero! (video for children ages 5-10) | Transcript | Transcripción en Español
- Things to do with your kids while you’re home together
- Mindful living: Setting goals (for children) | Transcript
- Healthy habits Children’s activity book

**Grief and loss resources**
- Coping with grief and loss podcast | Transcript
- Coping with grief and loss poster
- Ways to grieve while staying home infographic
- Understanding and coping with grief and loss during COVID-19
- Grieving a loved one during COVID-19
- Dealing with the death of a coworker from COVID-19
- Managing grief in the workplace during COVID-19

**Managing finances**
- Managing finances during difficult times | En Español
- Ways to cut expenses while waiting out COVID-19

**Spending time at home**
- Staying connected during COVID-19 webinar | Transcript
- Managing relationships in today’s current times podcast | Transcript
- Feeling lonely? You’re not alone
- Things to do while staying at home infographic
- Ways to stay connected without leaving your home | En Español
- Staying connected with older adults
- Finding support in unexpected places during COVID-19 (infographic) | En Español
Workplace changes

For colleagues:
- Adjusting to remote work
- Tips for working from home
- Staying resilient through COVID-19

Job loss resources:
- Coping with job loss
- Career search planning guidebook
- Find career resources at CareerOneStop

For managers:
- Managing a remote team
- Preventing fatigue and burnout during COVID-19

Resources for healthcare workers
- Coping with COVID-19 for medical staff
- Mental health and post-traumatic stress disorder awareness guide
- Healthcare workers and post-traumatic stress disorder (PTSD)

Self-care and mental health resources
- The benefits of sleep
- The basics of nutrition
- Staying healthy during COVID-19
- Mindful living: Setting intentions | Transcript
- A mindfulness exercise | Transcript
- Destress at your desk | Transcript
- Healthy habits for emotional wellbeing | En Español
- Visit the COVID-19 mental health resource hub on PsychHub
  - Take a depression or anxiety check

And remember, you can call us 24/7 for support with personal issues, including those related to COVID-19.

1-855-327-6463
resourcesforliving.com
Username: SCHOOLEAP
Password: 8553276463

The EAP is administered by Resources For Living, LLC.
All EAP calls are confidential, except as required by law.