

Resources for coping with COVID-19



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

- [Managing COVID-19 anxiety and stress webinar](#) | [Transcript](#) | [Transcripción en Español](#)
- [Ways to keep CALM webinar](#) | [Transcript](#) | [Transcripción en Español](#)
- [Ways to stay CALM infographic](#) | [En Español](#)
- [Coping with coronavirus fears](#) | [En Español](#)
- [Staying resilient through COVID-19](#)



For parents, children and relationships

- [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](#)
- [Managing relationships in today's current times podcast](#) | [Transcript](#)



Spending time at home

- [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](#)



Remote work

- [Adjusting to remote work](#)
- [Managing a remote team](#)



Job loss resources

- [Coping with job loss](#)
- [Career search planning guidebook](#)



Grief and loss resources

- [Coping with grief and loss podcast](#) | [Transcript](#)
- [Ways to grieve while staying home infographic](#)



Resources for healthcare workers

- [Coping with COVID-19 for medical staff](#)
- [Mental health and post-traumatic stress disorder awareness guide](#)

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

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.

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