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

• 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.

You can call your EAP/Resources For Living (RFL) phone number 24/7 for support.

Or if you don’t have RFL, you can call us at 1-833-327-2386.