

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 worries around vaccination](#)
- [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

- [Talking to your kids about the COVID-19 vaccine](#)
- [Return to school resources for parents](#)
- [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](#)

Resources for Living®



Workplace changes

For colleagues:

- [Adjusting to remote work](#)
- [Tips for working from home](#)
- [Staying resilient through COVID-19](#)
- [Return to work toolkit](#) - Find resources to help employees return to work, stay resilient, cope with stress and anxiety and manage substance and alcohol misuse.

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](#)
- [Managing grief in the workplace during COVID-19](#)
- [Return to work toolkit for managers](#) - Listen to a podcast on ways you can help your staff return to work, learn about leading through change, find CDC and OSHA guidelines for businesses and learn about how RFL can help during this time.
- [Learn more about Resources For Living's Workplace resiliency services](#)
- [Learn more about Resources For Living's Crisis Support services](#)



Resources for people working in industries affected by COVID-19

- [Support from Give An Hour offers](#) personalized counseling to hospital-based clinical and non-clinical employees, and loved ones of essential hospital workers in New York, New Jersey and Connecticut to help manage trauma responses including, depression, anxiety, and post-traumatic stress.

- [Coping with COVID-19 for medical staff](#)
- [Coping with COVID-19 for dental staff](#)
- [Mental health and post-traumatic stress disorder awareness guide](#)
- [Healthcare workers and post-traumatic](#)
- [A safe space for teachers](#)
- [Food industry: Coping with COVID-19](#)
- [Vision providers: Coping with COVID-19](#)



Self-care and mental health resources

- [Suicide and COVID-19](#)
- [Women's health during COVID-19](#)
- [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.

The EAP is administered by Resources For Living, LLC.

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