Call Aetna Resources for Living EAP at 888.238.6232 or go to [www.resourcesforliving.com](http://www.resourcesforliving.com/) and enter your User ID: 4bates and Password: bwell

|  |
| --- |
| **COVID-19 Resources**  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**](https://www.cdc.gov/coronavirus/index.html) * [**Resources For Living COVID-19 resources**](https://www.resourcesforliving.com/media/pdf/Current-National-Events/CoronavirusResources.pdf) * [**Resources For Living caregiver resources**](https://www.resourcesforliving.com/media/pdf/Current-National-Events/COVID19_CaregiverResources.pdf)   **Managing anxiety and stress**   * [**Managing COVID-19 anxiety and stress webinar**](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/ManagingCOVID-19Anxiety.html)  | [**Transcript**](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/ManagingCOVID-19AnxietyTranscript.pdf) | **[Transcripción en Español](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/ManagingCOVID-19AnxietyTranscript_ES.pdf" \t "_blank)** * **[Ways to keep CALM webinar](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/CoronavirusFearsWaysToKeepCalmCC.html" \t "_blank)** | [**Transcript**](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/CoronavirusFearsWaysToKeepCalmTranscript.pdf) | **[Transcripción en Español](http://www.promoinfotools.com/Communications/Webinars/RFLWebinarWebPages/CoronavirusFearsWaysToKeepCalmTranscript_ES.pdf" \t "_blank)** * [**Ways to stay CALM infographic**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/WaysToStayCalm_RFL.pdf) * [**Coping with coronavirus fears**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/CopingWithCoronavirus_RFL.pdf)  | **[En Español](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/CopingWithCOVID-19_ES_RFL.pdf" \t "_blank)** * [**Coping with COVID-19 for medical staff**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/CopingWithCOVID-19_MedicalStaff_RFL.pdf)   **For parents and children**   * [**Helping children cope with COVID-19**](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/HelpingChildrenCopeWithCOVID-19.html)  | [**Transcript**](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/HelpingChildrenCopeWithCOVID-19Transcript.pdf) | **[Transcripción en Español](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/HelpingChildrenCopeWithCOVID-19Transcript_ES.pdf" \t "_blank)** * [**You can be a Health Hero! (video for children ages 5-10)**](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/YouCanBeAHealthHero.html) | [**Transcript**](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/YouCanBeAHealthHeroTranscript.pdf) | **[Transcripción en Español](http://www.promoinfotools.com/Communications/Webinars/RFLWebVideoResourcePages/YouCanBeAHealthHeroTranscript_ES.pdf" \t "_blank)** * [**Things to do with your kids while you’re home together**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/ThingsToDoWithYourKidsWhileYou'reHomeTogether_RFL.pdf)   **Spending time at home**   * [**Feeling lonely? You’re not alone**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/FeelingLonely_RFL.pdf) * [**Things to do while staying at home infographic**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/ThingsToDoWhenInside_RFL.pdf) * [**Ways to stay connected without leaving your home**](http://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/WaysToConnectWithoutLeavingYourHome_RFL.pdf)   **Remote work**   * [**Adjusting to remote work**](https://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/AdjustingToRemoteWork_RFL.pdf) * [**Managing a remote team**](https://www.promoinfotools.com/Communications/ecard/Svcs/Wellness/ManagingARemoteTeam_RFL.pdf)   **Self-paced online support**  You’ve also got access to myStrengthTM to learn strategies for coping with heightened stress, keeping your relationships strong, practicing mindfulness and more. Simply click on Services > myStrength on your member website to get started.  And remember, you can call us 24/7 for support with personal issues, including those related to COVID-19. |