

# 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](#)

Resources for Living®



## 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.

The EAP is administered by Resources For Living, LLC.

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