



Resources *for* Living®

Returning to the workplace

Whether you've already been reporting to a shared workplace or you may be called in soon, you're not alone in feeling stressed.

We've put together these resources to help you stay safe and calm.

You, your household members and children living away from home up to age 26 can call your EAP/ Resources For Living (RFL) phone number 24/7 for support.



Return to work webinar | Transcript



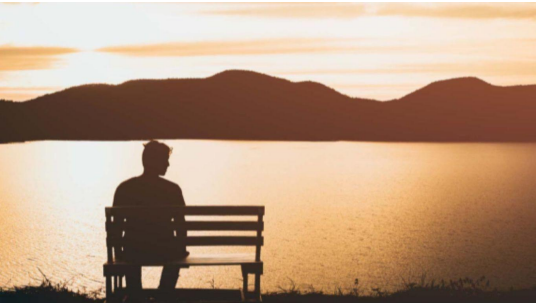
Life: It's all about change during COVID-19



Let's Talk video: Three tips for managing stress | Transcript



Tips for managing stress and anxiety.



Help with drug and alcohol issues



CDC guidance for returning to work

This information was brought to you by Resources For Living.

Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.