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**LifeNotes**



As we work through major lifestyle changes and discover our new normal during the COVID-19 pandemic, your Employee Assistance Program is here to help you navigate this uncharted territory. In this unique edition of LifeNotes, we've included resources to address concerns around COVID-19 that you may be experiencing, including loneliness and isolation, working from home without childcare and eldercare. You can also check out webinars that address the stress and anxiety you may be feeling. All of these can be found on the new Coronavirus resources page of the EAP website.

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### Read:

Caring for your older loved ones during COVID-19

Working from home – without childcare

Feeling lonely and isolated?  
Connect and engage today.

[Read here](#)



### Watch:

Emotional well-being in times of uncertainty: Coping with stress related to COVID-19

[Watch here](#)



### Well @ Work:

How to manage employee stress and anxiety surrounding the coronavirus

[Click here](#)

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Want to talk to someone for more help and resources? Call us at: 866-219-1232

Are you a manager? Don't forget that our team of professionals is here to support you with leadership challenges. You can call in for help with personal development or team management, or learn more online.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711).

繁體中文(Chinese) : 注意 : 如果您使用繁體中文, 您可以免費獲得語言援助 服務。請致電 1-877-320-1235 (TTY: 711)。

Kreyòl Ayisyen (Haitian Creole): ATANSION: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-877-320-1235 (TTY: 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-320-1235 (TTY: 711).

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-320-1235 (TTY: 711)번으로 전화해 주십시오.  
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