

Staying Resilient

March 18, 2020

In these unusual times, dealing with uncertainty and rapid change creates stress for even the most resilient employees. It's important to take care of yourself during this time, and your HR Department supports employee mental and emotional health with these resources.

EMPLOYEE ASSISTANCE PROGRAM (Jorgensen Brooks Group)

- Virtual/video confidential, free help and counseling available for anxiety, stress, depression, relationship, and other issues
- More information and how to schedule your appointment [available online](#)

WELLNESS COUNCIL OF AZ

- Virtual [health coaching](#) available with Health Coach Victoria Barrios
- [Schedule an appointment online](#)

TIPS

- [CDC: Manage Anxiety & Stress](#)
- Wellness Council of AZ: [Ways to Boost Your Immunity](#)

WEBINARS

- [Managing Rapid Change in Crisis, Arbinger Institute](#)
Four dates with different topics
March 19, 11:00 am – 12:00 pm
March 20, 11:00 am – 12:00 pm
March 24, 11:00 am – 12:00 pm
March 25, 11:00 am – 12:00 pm
- [Keep Calm and Carry On – Maintaining Your Composure Amidst the Pandemic Panic, JBG](#)
March 20, 8:00 am – 9:00 am
- [Boosting Immunity: COVID-19 Update, Wellness Council of AZ](#)
April 1, 2020, from 12:10 pm- 12:30 pm

SELF HELP

This article, provided by our Employee Assistance Program, gives advice on how to self-care in staying resilient. [What Therapists Tell Patients Who Are Anxious About Coronavirus](#)