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)
- [Resources For Living COVID-19 resources](https://www.resourcesforliving.org/covid-19)
- [Resources For Living caregiver resources](https://www.resourcesforliving.org/caregiver)

### Managing stress and anxiety
- [Ways to keep CALM webinar](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Ways to stay CALM infographic](https://www.resourcesforliving.org/coping/coping) | [En Español](https://www.resourcesforliving.org/coping/coping espanol)
- [Managing COVID-19 anxiety and stress webinar](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript) | [Transcripción en Español](https://www.resourcesforliving.org/coping/coping transcript español)
- [Ways to relieve stress during COVID-19 webinar](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Coping with coronavirus fears](https://www.resourcesforliving.org/coping/coping) | [En Español](https://www.resourcesforliving.org/coping/coping espanol)
- [Dealing with the unknown](https://www.resourcesforliving.org/coping/coping)

### For parents and children
- [Challenges and tips for parents during COVID-19](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Helping children cope with COVID-19](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript) | [Transcripción en Español](https://www.resourcesforliving.org/coping/coping transcript español)
- [You can be a Health Hero! (video for children ages 5-10)](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript) | [Transcripción en Español](https://www.resourcesforliving.org/coping/coping transcript español)
- [Things to do with your kids while you're home together](https://www.resourcesforliving.org/coping/coping)
- [Mindful living: Setting goals (for children)](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Healthy habits Children's activity book](https://www.resourcesforliving.org/coping/coping)

### Grief and loss resources
- [Coping with grief and loss podcast](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Coping with grief and loss poster](https://www.resourcesforliving.org/coping/coping)
- [Ways to grieve while staying home infographic](https://www.resourcesforliving.org/coping/coping)
- [Understanding and coping with grief and loss during COVID-19](https://www.resourcesforliving.org/coping/coping)
- [Grieving a loved one during COVID-19](https://www.resourcesforliving.org/coping/coping)
- [Dealing with the death of a coworker from COVID-19](https://www.resourcesforliving.org/coping/coping)
- [Managing grief in the workplace during COVID-19](https://www.resourcesforliving.org/coping/coping)

### Managing finances
- [Managing finances during difficult times](https://www.resourcesforliving.org/coping/coping) | [En Español](https://www.resourcesforliving.org/coping/coping espanol)
- [Ways to cut expenses while waiting out COVID-19](https://www.resourcesforliving.org/coping/coping)

### Spending time at home
- [Staying connected during COVID-19 webinar](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Managing relationships in today’s current times podcast](https://www.resourcesforliving.org/coping/coping) | [Transcript](https://www.resourcesforliving.org/coping/coping transcript)
- [Feeling lonely? You’re not alone](https://www.resourcesforliving.org/coping/coping)
- [Things to do while staying at home infographic](https://www.resourcesforliving.org/coping/coping)
- [Ways to stay connected without leaving your home](https://www.resourcesforliving.org/coping/coping) | [En Español](https://www.resourcesforliving.org/coping/coping espanol)
- [Staying connected with older adults](https://www.resourcesforliving.org/coping/coping)
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.