

“The freedom we enjoy to dream, to act and to think has brought about cures for diseases, aid to the disabled and the elderly, and the widespread distribution of necessities that once were luxuries.” (copied/unknown)

As the effects of the Coronavirus continue to unfold, our hearts and prayers go out to all who have been affected. Despite the uncertainty of the ever-changing landscape, we want you to know that our priority is and will remain the wellbeing of the organizations, employees and family members we serve. Today we are talking COVID-19, in the past it has been other health risks and threats such as Influenza A/H1N1, and the reality is, there will be others in the future.

1. Follow the directions of the CDC, your local government, community leaders, employer and other trusted sources for health tips, do's and don'ts to keep you and your family safe.
2. The EAP is open and fully operational. Telehealth/video EAP counseling is available. The EAP is available to assist with life's concerns both related to COVID-19 and otherwise.

“Quarantine” and “social isolation” are not words we like to hear in mental health and wellness. So what is the answer and where is the balance?

- Plan ahead and be proactive – build your *resistance* with *resiliency*.
- Practice mindfulness, being present in the moment and embracing all of it.
- Kindness, generosity, helping our neighbor and being community-minded are what our country is about. We are built on the foundation of hope. Consider these actions:

Five hundred years ago, Michel de Montaigne said: "My life has been filled with terrible misfortune; most of which never happened." Now there's a study that proves it. This study looked into how many of our imagined calamities never materialize. In this study, subjects were asked to write down their worries over an extended period of time and then identify which of their imagined misfortunes did not actually happen. Lo and behold, it turns out that 85 percent of what subjects worried about never happened, and with the 15 percent that did happen, 79 percent of subjects discovered either they could handle the difficulty better than expected, or the difficulty taught them a lesson worth learning. This means that 97 percent of what you worry over is not much more than a fearful mind punishing you with exaggerations and misperceptions.

(source: Don Joseph Goewey, Contributor author of The End of Stress, Four Steps to Rewire Your Brain.)

Major car rental companies are reducing their minimum rental age and waiving fees to help college students get home from closed campuses.

Utility company announces suspending disconnections due to nonpayment.

Professional sports organization donated the food from their cancelled events.

Locally owned pet store offers “call ahead” service and they will meet you at your car with supplies.



Facebook is filling with offers to feed families whose children would normally get meals at schools which are now closed.

Running organizer of 5k and 10k events provided bib/packet pick up via “drive thru”.

Kids (and adults) making homemade cards, crossword/word search puzzles, etc to send to people in nursing homes since they can't have any visitors.

Shelter animals need walks and affection.

Don't walk through any life circumstance alone. Help is a phone call away.

800.728.9444

