

Employee Assistance Program

Returning to Work - The “New Normal”

In the weeks ahead, many states will begin to open businesses and lift shelter at home restrictions. Here are some tips to help you and your family adjust to the “new normal”.

- **Reduce the Spread.** Continue to wear a mask in public places, practice social distancing, and wash your hands with soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available. Stay home if you are sick or show symptoms. Avoid touching your face with unwashed hands. Expect businesses and individuals around you to take precautionary measures as well to maintain health and wellness. Clean and disinfect frequently touched objects and surfaces, such as workstations, keyboards, telephones, handrails, and doorknobs.
- **Secure Childcare.** If you are having trouble accessing childcare, remember your EAP can assist with the identification of resources and is available to offer support. Call your toll-free number or check out the childcare resources available on **EAPHelpLink**.
- **Set Up Emotional Support.** Anxiety and stress may increase as you and those around you return to life outside of quarantine. We may be more aware of the proximity of others or sensitive to coughing or sneezing. Continue to talk to your family and friends about your feelings and remember your EAP is accessible 24/7/365 to provide support.
- **Stabilize Finances.** Explore the budgeting and financial resources available to you via **EAPHelpLink** or call your toll-free EAP number to receive a telephonic consultation with a qualified financial consultant about your specific financial circumstances.
- **Optimize Immune Strength.** We all know exercise and nutrition are good for your mind and your body. Exercise and nutrition are key components to immune strength. Fortify your mind and body by eating a balanced diet. Make sure to maintain or add exercise back into your routine. If you go back to the gym, practice good sanitation habits, and feel free to ask your gym what cleaning protocols they have put in place to protect their members.

Remember, your EAP is available 24/7/365 for support, guidance, and resources by calling the designated toll-free number or by logging onto **EAPHelpLink** and entering your company code.

Resources:

1. Bieber, C. (2020, March 18). How to build a budget during COVID-19. Retrieved March 25, 2020, from <https://www.fool.com/the-ascent/credit-cards/articles/how-to-build-a-budget-during-covid-19>
2. Centers for Disease Control and Prevention. (2020, April 9). Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19). Retrieved April 24, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
3. Christensen, T. (2020, March). The coronavirus COVID-19 and your finances. Retrieved March 24, 2020, from <https://moneyfit.org/blog/coronavirus-financial-impact>
4. Nagle, C. (2020, March 12). 5 steps to prepare yourself financially for the uncertainty of coronavirus. Retrieved March 25, 2020, from <https://www.nfcc.org/resources/blog/steps-to-prepare-yourself-financially-for-the-uncertainty-of-coronavirus>



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