



## Join your Employee Assistance Program (EAP) for the upcoming live webinar series on COVID-19 Best Practices.

As news of the COVID-19 (coronavirus) evolves, you may find yourself growing increasingly anxious or stressed. If so, you are not alone. Take advantage of these upcoming live webinars being hosted by Anthem EAP and SISC at no cost to you.

### **Best Practices for Working Remotely During COVID-19**

**Date: May 13, 2020**

**Time: 3:30pm to 4:30pm**

Learning to work from home 100% of the time will require adaptability and a new set of skills. This webinar will outline strategies for communication, productivity, and time management all within the context of working from your home environment. Discussions will include how to work around your children, how to manage distractions and how to cope with the unique emotional pressures of working away from the office.

### **Dealing with Stress during COVID-19**

**May 20th, 2020**

**Time: 3:30pm to 4:30pm**

This webinar is geared to helping people dealing with ongoing stress. As this pandemic continues it is more important than ever to understand how to manage not only our own stress but that of those around us. This webinar will provide practical strategies for identifying the symptoms of stress and keeping it under control.

### **Staying Social during Social Distancing**

**May 27th, 2020**

**Time: 3:30pm to 4:30pm**

It is easy to start to feel isolated or lonely during these important times of social distancing. This webinar will discuss the importance of keeping your social life active and the importance of social distancing while giving you different methods of staying social while staying distant.

**To Register, just click on the webinar title above and follow the prompts.  
We look forward to your participation!**