

TAKING CARE OF me

Employee Workshop Series



Coping with COVID-19:

Cultivating Calm & Resilience

WEBINAR SERIES

Employee Wellness/EFAP is here to support you in managing your emotional and psychological wellbeing during this difficult time.

Though everyone is different, anxiety, fear and nervousness are natural reactions when living in uncertain times – and there are strategies you can use to manage these feelings while you continue to provide care.

This Webinar Series will provide concrete tools you can implement immediately to help manage the challenges of navigating COVID-19.

Session Highlights:

- Practice tools to help you self-regulate, manage your stress, find hope and care for yourself as you continue to care for others
- Learn how mindfulness can be used to help manage your thoughts and emotions about COVID-19
- Know you are not alone, learn who is here to support you and what resources are available

Location:

Via Webinar, daily at noon or
by Manager request

Registration:

Please email:

TCOM@employee-wellness.ca



EMPLOYEE WELLNESS
good thinking

Vancouver
CoastalHealth

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