



Resilience Resources

Taking Care of your Emotional Health

It is natural to feel stress, anxiety, grief, and worry during a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

<https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope

Regardless of your child's age, he or she may feel upset or have other strong emotions during an emergency. Some children react right away, while others may show signs of difficulty much later. The information provided at this website can help reduce their stress before, during, and after an emergency.

<https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Taking Care of your Family during Coronavirus

Reliable sources of information during an infectious disease outbreak help ensure family members are taking appropriate steps to stay healthy and address uncertainty about where to find accurate information. Up-to-date, accurate recommendations regarding disease prevention, self and family care, and travel guidance can be found at the following website.

https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf

Talking to Teens & Tweens about Coronavirus

What should parents do if their teens and tweens, with easy access to information on their phones and laptops, develop anxiety over what they have heard about the coronavirus? Here are tips from experts on how to help them.

<https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>



Coronavirus & Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

Infectious disease outbreaks, such as the novel coronavirus (COVID-19), create significant distress for the public and strain health care systems tasked with caring for affected individuals and containing the disease. Fear and uncertainty heavily influence public behaviors (1). Concerns focus on personal and family safety, inability to distinguish the new disease from more established and benign illnesses, potential for isolation and quarantine, effectiveness of treatments being used, and trust in institutions responsible for managing the response.

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

Just for Kids: A Comic Exploring the New Coronavirus

This resource is for your kids. It's based on a radio story that NPR education reporter Cory Turner did. He asked some experts what kids might want to know about the coronavirus. To make this comic, he used his interviews with Tara Powell at the University of Illinois School of Social Work, Joy Osofsky at the LSU Health Sciences Center in New Orleans and Krystal Lewis at the National Institute of Mental Health.

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>



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