



Resources *for* Living®

Return to work toolkit

Whether you've already been reporting to a shared workplace or you may be called in soon, you're not alone in feeling stressed.

We've put together these resources to help you keep your calm in the age of COVID-19.

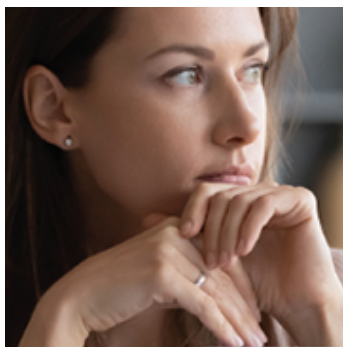
You can call your EAP/Resources For Living (RFL) phone number 24/7 for support.

Or if you don't have RFL, you can call us at 1-833-327-2386.

Return to work support



Returning to the workplace webinar and transcript



Dealing with feelings during COVID-19



Stigma of COVID-19 — Respecting others

Staying resilient



Looking for inner strength



Learning to bounce back during COVID-19



Life: It's all about change during COVID-19



Finding resilience during COVID-19 webinar and transcript

Help with stress and anxiety



Tips for managing stress and anxiety



Managing stress during COVID-19 webinar and transcript

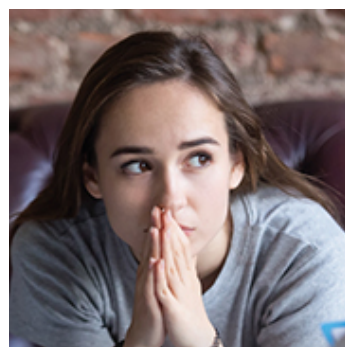
Help with substance and alcohol misuse



Are you using alcohol to help you get through COVID-19?



Binge drinking and its risks



Substance misuse — resources for employees

This information was brought to you by Resources For Living.

Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

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