Health Advocate EAP:
COVID-19 Webinars



In addition to the topics listed in our standard Resource Catalog, we have also created the following topics as a result of COVID-19. The majority of these topics are housed online and available on demand through our website as pre-recorded webinars. Upon request, we do offer live offerings of these topics via webinar. Additional rates may apply.

COVID-19 and Other Concerns: Establishing Emotional Balance in Challenging Times As with any extreme or challenging situation, the ongoing coronavirus outbreak has the potential to be incredibly stressful for many people. Everyone experiences challenges differently. Experiences stressors uniquely. This is an overview on how to identify those challenges and move to a resolution focused mindset. It covers resources pertaining to managing stress during this difficult time.

5 Tips for Adjusting to Working from Home
Working from home is not a new concept. However, being expected to transition from working in the office one day, to suddenly being told to work from home the next, became the reality for many. This transition for many happened overnight as the coronavirus pandemic began. This webinar focuses on how to adjust to working from home, from comfort & technology, to the importance of maintaining a healthy & active lifestyle.

Caring for the Caregiver During the Pandemic Whether you have always been caring for an elderly or disabled loved one, or, are newly doing so in a greater capacity, in these times of recommended physical distancing, it can be especially challenging. With the outbreak of COVID-19 and the emphasis on the elderly needing to exercise the most caution, more and more caregivers are finding themselves torn between self-care, caring for loved ones, and trying to counter their loved ones' isolation. This webinar outlines the impact of the pandemic on the elderly and strategies for caring for the caregiver in the midst of this recent pandemic. It will help participants understand caregiver stress, and learn tips and coping strategies for the caregiver as well as isolated family members likely battling loneliness.

Leading in Stressful and Changing Times (for Managers & Supervisors) The ongoing COVID-19 pandemic has transformed how we live and work. For many people, this may be the first time they are working remotely for an extended period, making it critical for managers to understand how employees are coping with these extensive changes. Strategies to communicate and manage employees in our new remote environment are discussed in this webinar. We also explore how to recognize and address employees' concerns during this time, as well as provide tools for managers to cope with their own challenges and emotions.

Managing Time & Setting Boundaries There are many new realities in our lives today that weren't there just a short time ago. We have had to adapt to working from home at a rapid speed and as we settle into our new routines, it will be helpful to have structures in place to help us maintain consistency and reduce anxiety. To do that effectively, you will want to consider these key objectives. Starting your day off on the right foot, creating a schedule, undersetting when you're most productive, and setting boundaries. By having a plan in each of these areas, you will be more likely to stay healthy, happy and engaged as we all navigate this new normal.

Preparing for the New Normal: How to Manage Stress During and After the COVID-19 Outbreak As the COVID-19 pandemic continues, many people are experiencing stress and uncertainty about their current situation as well as what is to come next. Even as some regions begin loosening restrictions, we still face an unknown future that can cause fear and anxiety. This webinar discusses tools and techniques to manage stress related to both ongoing and potential future challenges and maintain mental well-being during this difficult time.

Future Thinking: for our Return to Work amidst COVID-19 While the next phase of the COVID-19 pandemic may vary by region or industry, feeling unsure of what the near future will hold is something many people have in common. Preparing now for potential challenges and missteps related to returning to work and other activities can help maintain mental health and well-being through uncertain times. This webinar explores future planning strategies to adapt to our changing environment and related stressors in the weeks and months ahead.

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Leading the Way Forward: Strategies to Help Your Workforce Return to Work (for Supervisors & Managers) As an increasing number of regions and industries begin transitioning back to the workplace, leaders will play an important role in preparing for this next phase. Employees will look to managers and supervisors to manage expectations and maintain a safe work environment, so it is critical to think ahead and plan for potential challenges during this stressful and uncertain time. We look at future planning strategies to help leaders adapt to our changing environment and address related stressors in the weeks and months ahead.

Resiliency: Moving Forward in Changing Times Developing or strengthening resiliency can be invaluable to help chart the path forward. Stress can impact us both personally and professionally. Yet these challenges also create opportunities for the future. Practicing resiliency can help to adjust your mindset and find a new perspective to successfully move ahead. Join us for this webinar where we'll talk about strategies to build your resiliency and protect against high levels of stress, making it more manageable and enabling you to determine the best next steps for you.

Quarantine Fatigue: Coping with Burnout As the COVID-19 pandemic continues, many people are experiencing "COVID-19 burnout." While many parts of the country are beginning to reopen, it is understandable to experience stress or uncertainty as we transition to this next phase. Add to that family issues, work stress and a constant stream of news, and our work/life balance is anything but balanced. This can lead to fatigue about the current situation, as well as uncertainty about how to move forward. In this webinar, we address the signs & symptoms to look for, the impact on ourselves & others, tips on how to stay connected with others, resources to address emotional & physical burnout.

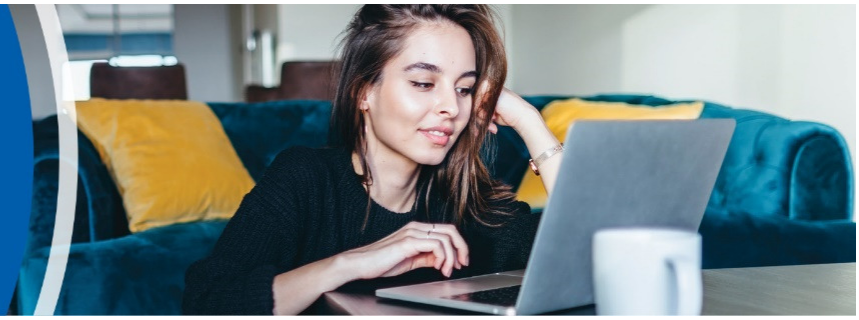
"Treading Water" through the COVID-19 Storm In this rapidly changing environment, many people may be feeling overwhelmed or experiencing new and continued stress as new hotspots emerge and regions hit pause on their reopening plans. Identifying healthy habits and responses can help people effectively cope and "tread water" now and into the future. During this webinar we talk about how you can identify individual values and goals and commit to finding healthy ways to respond to this stressful situation.

Finding a Safe Harbor: Strategies to Manage Stress and Uncertainty The ongoing situation across our country and around the globe changes daily, creating uncertainty, unpredictability and stress. Trying to make decisions about how to move forward can be overwhelming when it is unknown what tomorrow will bring, let alone next week or next month. Finding techniques that help you relieve stress and make decisions you feel comfortable with is critical to managing these feelings now and into the future.

Charting Rough Seas: Strategies for the Upcoming School Year With the new school year quickly approaching, families with children of all ages are experiencing a wide range of challenges and emotions as they navigate this complex situation. Identifying what is within your control and how to set up your family for success can have a positive impact on both you and your children in the months ahead, helping to more effectively cope with changing scenarios and related anxiety. In this webinar we discuss successful strategies and supportive resources for families as the new school year begins.

Throwing a Lifeline: Managing Emotional and Mental Health As the challenges of this unique year continue, many of us are experiencing higher levels of stress, uncertainty and anxiety. Everyone is doing the best they can, but some people may be struggling to maintain strong mental or emotional health. Recognizing when you or a loved one needs support is the first step to connect with helpful resources that can strengthen mental and emotional health. It is equally important that we all work together to normalize reaching out for help and destigmatize seeking mental health support. Strategies to manage our emotional and mental health and identify resources to help when we need extra support are discussed in this webinar.

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Keeping Your Head Above Water: Coping with Compassion Fatigue The past six months have been difficult at best, and many of us have focused our efforts on helping others, whether in our jobs or at home. Yet when caregivers neglect to take time for self-care, extreme stress and destructive behaviors can surface. Understanding how to avoid burnout and practice self-help can provide a roadmap to recharge and re-energize. This workshop is especially appropriate for general caregivers, healthcare professionals, and first responders, but many other people may be experiencing these emotions and can benefit from participating. During this webinar we discuss strategies designed to promote optimal well-being while caring for others.

Adjusting Your Sails: Leading in Rough Seas (for Supervisors & Managers) Since the pandemic began six months ago, the situation has evolved in many ways while remaining unchanged in others. The pressure to continue leading and leading well through these challenges can create burnout and other related issues, especially with so many other intense issues happening concurrently across the country.
During this webinar we will discuss how to recognize and address employees' concerns during this time, as well as provide tools for managers to cope with their own challenges and emotions.

Rowing Forward Together: Managing Conflicts in the Workplace When people come together, they bring their differences with them, making it inevitable conflicts will occasionally occur. In today's environment of ongoing challenges and regularly added pressures, it is understandable that these factors can exacerbate the situation and contribute to increased conflict and miscommunications, both personally and professionally. This webinar will explore how to more effectively manage interpersonal conflict at work and at home, as well as how to employ skills and strategies to increase open and effective conflict resolution.

Providing a Lifeboat: Supporting Domestic Violence Survivors in the Midst of COVID-19
While this "silent pandemic" is a critical issue at all times, it is exacerbated by conditions related to the COVID-19 pandemic. The workplace is typically a safe haven for domestic violence survivors, but with many people now working remotely, that support network is no longer easily accessible. During this webinar we will discuss strategies to continue providing support to those affected in our current environment.

Hope for the Holidays: How to Adapt in the Unique Season
For many people, the holidays can be challenging even in normal circumstances. Considering the current situation with COVID-19 and other ongoing issues, we find ourselves in uncharted territory this year. These circumstances are out of our control, but that does not make them easier to manage or relieve the anxiety we feel over what the holidays will look like this season. Throughout this webinar we will discuss how best to cope with the uncertainty of the season head and find strategies to continue finding joy in the holidays.

Righting the Ship: Managing Substance Use in a Crisis
During times of crisis, people who typically use substances like alcohol occasionally or socially may increase their use to deal with the added stress and anxiety. The pandemic and other ongoing challenges may amplify substance use and abuse, exacerbating tendencies to turn to drugs or alcohol to cope. It is important to take a step back if substance use becomes habitual or interferes with day-to-day life. During this webinar we will discuss why we rely on substances in response to overwhelming situations, as well as explore available resources and strategies to find balance in our current environment.