

COVID FATIGUE RELIEF KIT



Solutions from Your EAP to Help You Through the Pandemic

We all feel some degree of Covid-19 fatigue: stress, anxiety, grief, depression, and more. The pandemic is taking a terrible toll on everyone's mental health.

But you can get help from your EAP! We offer five different tools with dozens of solutions you can access to lessen the strain of the pandemic.

Login and Registration Instructions

1. Go to www.theEAP.com and click the **Employee & Family Login**.
2. Enter your unique Username and Password **OR** if you have not registered, complete steps (a) and (b).
 - (a) Click on **REGISTER**.
 - (b) Fill out the Registration form to create your own Username and Password, then click **Register**.
3. *You only need to register once!*

1 Coronavirus (Covid-19) Resource Center

Your online ESI Covid-19 Resource Center offers hundreds of articles, videos, and tools to help you with positive information to strengthen your coping skills and reduce your stress.

SAMPLE OF PANDEMIC RESOURCES

- Hundreds of Articles and Instruction
- School Staff, Students and Distance Learning
- Support for First Responders
- Working Remotely
- Supporting At-Home Children

2 ESI Online Training Center

Employees have free access to more than 8,000 trainings in the ESI Training Library. Simply go to TheEAP.com and click the employee and family login button at the top of the page. First click the Training Center tile, then click New & Improved Trainings and then enter 'Covid' in the search bar to find video trainings that will help.

SOME OF THE COVID-19 TRAININGS

- Managing Stress and Anxiety During Covid
- Working Remotely
- Preparing for an Epidemic
- Travel During Covid-19
- Safe Re-entry During Covid-19

3 Personal & Professional Coaching

ESI is the only EAP to offer 18 personal and professional coaching programs delivered by certified coaches. Simply call 800-252-4555 to schedule telephonic coaching for any issue, from dealing with a financial setback, to managing stress or weight gain related to being cooped up, or dealing effectively with anger and interpersonal communications.

ESI COACHING PROGRAMS

- Personal Finances
- Budgeting
- Balancing Life at Work and at Home
- Resilience
- Effective Communication
- Home Purchasing
- Student Debt
- Yoga and Relaxation for Beginners
- Workplace Conflict
- Saving & Spending
- Basic Supervisory Skills
- Practical Aspects of Retirement
- Fitness
- Nutrition
- Weight Loss
- Stress
- Tobacco Cessation
- Drugs and Alcohol

4 25,000 Self-Help Solutions

To find help for any of the Covid-related problems you may face, simply visit the ESI home page and click on the Employee and Family Login. Enter 'Covid' in the search box to explore hundreds of helpful articles. Or click on the information tiles to access dozens of tools, calculators, videos, and articles addressing pandemic-related issues involving caregiving, debt, stress, grief, and more.

COVID-19 SELF-HELP RESOURCES INCLUDE

- Health and Wellness Resources
- Alcohol and Substance Abuse
- Emotional Wellbeing and Resilience
- Health Assessments
- 700 Health Videos

5 ESI Counseling with 98% Satisfaction

ESI offers the most effective counseling in the nation, with a year-after-year 98% employee satisfaction rate. If you or your family experience Covid-19 related stress, anxiety, or any other issue, ESI counselors are here for you 24/7/365. Just call 800-252-4555.

- *No other Employee Assistance Program offers more.*
- *No other EAP delivers better results.*



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www.theEAP.com | 800-252-4555

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