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.

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.

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.

---

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!
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.

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.

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

COVID-19 SELF-HELP RESOURCES INCLUDE
• Health and Wellness Resources
• Alcohol and Substance Abuse
• Emotional Wellbeing and Resilience
• Health Assessments
• 700 Health Videos

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