

COVID-19 Resources with Links



1-866-327-2400

www.deeroakseap.com
eap@deeroaks.com

Username & Password
(coelpaso)

Mobile App: iConnectYou
(passcode 40010)

ONLINE SEMINARS

(previously recorded)

Building Psychological Immunity During the Coronavirus Outbreak

<https://register.gotowebinar.com/recording/7143877095331006983>

Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic

<https://register.gotowebinar.com/recording/4923622270961351949>

To view the recordings, you will just need to provide:

- ❖ First Name
- ❖ Last Name
- ❖ Email Address

Entertaining Kids During Coronavirus

How Parents Can Keep Kids Busy (and Learning) in Quarantine

<https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110>

13 things to keep kids entertained if quarantined for coronavirus

<https://eu.usatoday.com/story/tech/reviewedcom/2020/03/12/how-keep-kids-entertained-during-coronavirus-quarantine/5012810002>

How to keep kids busy during coronavirus quarantine

<https://abcnews.go.com/GMA/Family/kids-busy-coronavirus-quarantine/story?id=69531272>

The Secret to Keeping Your Kids Happy, Busy and Learning if Their School Closes Due to Coronavirus

<https://time.com/5803373/coronavirus-kids-at-home-activities>

Coping with Home and Lone Working During Coronavirus

Coronavirus: How to protect your mental health

<https://www.bbc.co.uk/news/health-51873799>

How to cope with financial stress and anxiety during the coronavirus pandemic

<https://www.cnbc.com/2020/03/16/how-to-cope-with-coronavirus-related-financial-stress-and-anxiety.html>

Wellbeing considerations for home working and self-isolation

<https://www.shponline.co.uk/lone-working/home-working>

Business Insider

<https://www.businessinsider.com/how-to-work-from-home-during-the-coronavirus-outbreak-2020-3>

Mental Health Tips

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

World Health Organization

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Partners in Health

<https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>

Psychology Today

<https://www.psychologytoday.com/us/blog/talking-about-health/202003/mental-health-in-time-pandemic>

Wired

<https://www.wired.com/story/how-to-stop-coronavirus-anxiety-spiral>