



HELPFUL LINKS & RESOURCES

Working from Home

Home is Where the Work is; Tips to help you work from home:

<https://www.youtube.com/watch?v=MNd2CShcCCQ&feature=youtu.be>

Well-Being Resources

EAP Support in Times of Uncertainty <https://acispecialtybenefits.com/2020/03/16/covid19-support/>

COVID-19: How to Prepare <https://acispecialtybenefits.com/2020/03/16/covid19-prepare/>

How Your EAP Can Help Manage Stress and Anxiety from COVID-19 Concerns

<https://acispecialtybenefits.com/2020/03/20/covid19-update/>

Coronavirus Overview and Resources <https://acispecialtybenefits.com/2020/02/07/coronavirus/>

How to Lead in Times of Crisis <https://acispecialtybenefits.com/2018/06/15/how-to-lead-in-times-of-crisis/>

Talking to Children About Traumatic Events In the

News <https://acispecialtybenefits.com/2014/08/25/talking-to-children-about-traumatic-events-in-the-news/>