

# COVID-19 Wellness Calendar



## August 2020

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2
← Challenging Worries and Anxious Thoughts →						
3	4	5	6	7	8	9
← Challenging Worries and Anxious Thoughts →						
10	11	12	13	14	15	16
← Addictions – Substance, Gambling, etc. →						
17	18	19	20	21	22	23
← Addictions – Substance, Gambling, etc. →						
24	25	26	27	28	29	30
← You're Resilient, You're Strong, and You're Still Here →						

### July 27 to August 9 - Challenging Worries and Anxious Thoughts

Meditation can help us reset by allowing us to step away from our thoughts for a few minutes. For this week's theme we are providing you with a meditation called Reset: Decompress Your Body and Mind. You can access the meditation here:

- <https://www.youtube.com/watch?v=QHkXvPq2pQE>

In addition to the mediation we also have the following resources available to you:

- [Coping with Stress and Anxiety During the Pandemic by Challenging Worries and Anxious Thoughts](#)
- [When Anxiety Is Useful, and When It's Not](#)
- [How to Stop Worrying](#)
- [Helpful Thinking](#)

Lean more about challenging worries and anxious thoughts [here](#).

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

### Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

### AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play

### Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.