

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						
17	18	19	20	21	22	23
Addictions						
24	25	26	27	28	29	30
You're Resilient, You're Strong, and You're Still Here						

August 10 to 23 - Addictions

To kick off this week's theme we are providing you with a TED Talk video called What Really Causes Addiction. Access the video here:

- https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong#t-318300

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

- [Understanding Addiction](#)
- [Addictions 101 eCourse](#)
- [Stigma Around Substance Abuse](#)
- [How to Talk to a Friend or Family Member About Drugs](#)
- [Technology and Screen Time: How much is too much?](#)
- [When Habits Become Addictions](#)
- [Avoiding Substitute Addictions](#)

Learn more about addictions [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
- 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
- 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.