



# Maintaining Composure Amidst a Pandemic

If you're feeling extra anxiety these days due to the COVID-19 pandemic, you're not alone. This pandemic has us all facing more stress and uncertainty than usual and it's normal to feel some stress and anxiety when a global infectious disease impacts every realm of your life.

While it may feel like life has stopped, there are ways to keep these times in perspective and learn how to carry on. With this theme, we will provide resources that can help you to stay calm amongst pandemic panic by making sure you're taking care of your mental health during the outbreak.

To kick off the theme for the next two weeks we have provided you with an on demand webinar from Workplace Options. This is a Workplace Options session for anyone to view in Canada or the U.S. Please note that you will need to register. You can access this webinar at any time via the link below:

- [On demand webinar – Keep Calm and Carry On – Maintaining Your Composure During the Coronavirus Outbreak](#)

In addition to the webinar we also have the follow resources available for you:

- [Managing Stress and Anxiety](#)
- [Understanding and Practicing Mindfulness](#)
- [Tips on Self-Care](#)
- [Coronavirus Anxiety Workbook](#)
- [Workplace Options – Computerized Cognitive Behavioral Therapy](#)

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. This service is available not just to our employees but also to their partner or family members.

Access your EFAP 24/7 by phone, web or mobile app:

## Canada:

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

## 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