



## *Resources to Help Your Employees Live Life in Balance*

To Our Valued EAP Members,

Thank you for trusting Penn Foundation to deliver your EAP services. As we seek to continually strengthen our offerings, it's my pleasure to introduce you to our new quarterly newsletter. Rather than sharing general industry updates, we're excited to bring you this publication with insights, resources, and expertise straight from Penn Foundation's EAP team.



Now more than ever, we are committed to doing our part to help you support your employees. While we have developed trainings (one is featured below) to help you and your staff cope during these unprecedented times, please know that we can customize trainings to address your particular employee and business needs. [Read more...](#)

### ***\*New Training\****

## **This is a Stressful Time: Discover How Your Brain Can Help You Cope**



The COVID-19 pandemic has created enormous stress for a variety of reasons. Understanding how the brain reacts during stressful situations can be helpful in coping.

When our feelings seem so heavy and out of place, understanding how this mechanism works can help us realize that there isn't something wrong with us. Instead, you will learn that these feelings are actually sign posts that call us to slow down and think through how we want to react instead of reacting in the moment. In addition, you will learn specific strategies that can be used for coping during these difficult times.

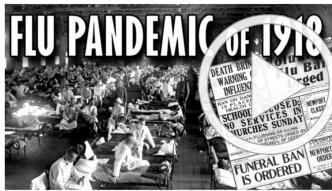
We can deliver this one hour training via Zoom and tailor it to your specific needs. For more information or to schedule this training, call us at 215.257.6556.

## Support Your Staff During the Pandemic

It's important to keep communication flowing with your staff to minimize concerns, increase awareness of your preparedness plans, and remind staff of the supports available to them. Below are two video presentations by EAP Director Bonnie Steich to help you support your staff.



**What we have learned & may expect as a result of the COVID-19**



**Spanish flu survivors reported:**

- Sleep disturbances
- Depression
- Mental distraction
- Dizziness
- Difficulties coping at work

**What might be going on for someone you know or care about**



Trauma is often the result of an **overwhelming** amount of **stress** that **exceeds** one's ability to cope. People lacking resiliency & coping skills may experience trauma as a result of limits being placed on them and/or a COVID illness.

Grief is the response to loss. It involves just an emotional response but also has physical, cognitive, behavioral, social, cultural, spiritual & philosophical dimensions. Not just actual loss, but also anticipatory.



**Substance abuse** is overindulgence in or dependence on an addictive substance, especially alcohol or drugs.

\* Information from Oxford Dictionary

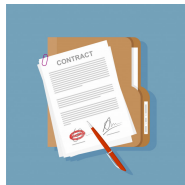
This video gives tips on how to stay connected to your staff, what signs to look for that may be concerning, and resources to help them.

This video provides information that can help staff identify signs of mental health concerns, ways to care for themselves, and gives a list of resources.

# Who Do You Want to Be During COVID-19?

Click on image to enlarge.

\*Source Unknown



## Contract Renewals

If your contract is due for renewal between May and September, please let us know about any benefits fairs or orientations you would like us to be part of.

In addition, watch for an email from EAP Director Bonnie Steich about your contract renewal meeting.



## Mind-Body Practices

While we cannot currently offer our mind-body practices in person, these practices can be accessed virtually.

[CLICK HERE](#) for a yoga class led by Sara Dobson.

[CLICK HERE](#) for a meditation practice led by Lisa Dembrosky.



## Visit our website!

Make sure to check out the employer-only section of [our website](#).

We are pleased to provide you with easily accessible resources to help you keep this important benefit in front of your employees.



[Counseling & Psychiatry](#)



[HR/Management Support](#)



[Training & Crisis Support](#)

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