



# EMPLOYEE WELLNESS RESOURCES

Reach  
Out

Employee  
Assistance  
Program

(User-name: LFGSupport  
Password: LFGSupport1)

Social &  
Emotional  
Well-Being

Mental &  
Physical  
Health

Be  
Active

Stay  
Connected

Love  
Yourself

Thrive

**OUSD**  
**STRONGER**  
**TOGETHER**





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# Emotional Wellbeing During the COVID-19 Outbreak

## What is Coronavirus (COVID-19)?

The Centers for Disease Control and Prevention (CDC) have described the coronavirus, or COVID-19, as an outbreak of respiratory disease caused by a novel (new) coronavirus that has now been detected in more than 100 locations internationally, including in the United States. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”). You can read more about COVID-19 on the CDC’s [“Situation Summary”](#) page.

Infectious disease outbreaks such as COVID-19, as well as other public health events, can cause emotional distress and anxiety. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak, especially in the face of a virus with which the general public may be unfamiliar. These feelings of distress and anxiety can occur even if you are not at high risk of getting sick.

## Coping Tips

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

- Set a limit on media consumption, including social media, local or national news.
- Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.
- Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.
- Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.

- The national [Disaster Distress Helpline](#) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](#) or your [local crisis line](#).
- For coping tools and resources, visit the Lifeline website at [suicidepreventionlifeline.org](#) or Vibrant Emotional Health's Safe Space at [vibrant.org/safespace](#).
- [The National Domestic Violence Hotline](#) has highly trained advocates available 24/7 to ensure services and continue to support survivors.

## Helpful Resources

Reliable sources of information about COVID-19:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [World Health Organization \(WHO\)](#)

Other Helpful Resources to Support Your Mental and Emotional Wellbeing:

- CDC's "[Manage Anxiety and Stress](#)" page provides what stress can look like and tips to manage that stress.
- The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).
- Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.
- ThriveNYC's "[Mental Health Support New Yorkers Can Access While Staying Home](#)" page lists free mental health services for New Yorkers, regardless of insurance coverage or immigration status.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.
- SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.

- Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.
- Through stories of hope and recovery, [Strength After](#) highlights the resilience of individuals and communities while providing a resource for other survivors and responders that may be trying to cope and move forward themselves.
- If you feel you or someone you know may need emotional support, please visit the Lifeline's website at [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.
- The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.
- If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).
- Action Alliance's [COVID-19 Messaging Guidance](#) page provides guidance for messengers speaking about mental health and COVID-19, as well as resources for specific groups.
- The Suicide Prevention Resource Center (SPRC) has compiled a [selection of web pages and information sheets](#) on mental health and coping with the effects of COVID-19.
- The Dulwich Centre has [compiled stories to support the community](#) amid the COVID-19 crisis, from mental health service users, survivors and former patients.
- The Action Alliance is mobilizing diverse sectors to collectively lead a coordinated mental health and suicide prevention response effort during and in the aftermath of COVID-19. Learn more [here](#).

## About Lifeline Crisis Centers

The accessible and free mental health crisis services that Lifeline crisis centers offer are especially vital during times of social distancing, and can be considered an essential service. Lifeline crisis centers may be used to overcome barriers of access to services caused by distance or unavailability of in-person mental health support, and can prevent unnecessary exposure during a pandemic. When individuals may be experiencing heightened anxiety, depression, and stress caused by infectious disease outbreaks and accompanying social-isolation measures, having access to trained and caring counselors may be critical for a community's mental wellbeing.

To find your local crisis center and learn how you can support it, [visit the Our Crisis Centers page](#).



# Mental & Physical Health

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## The resources you need to meet life's challenges



*EmployeeConnect*<sup>SM</sup> offers professional, confidential services to help you and your loved ones improve your quality of life.



### In-person guidance

Some matters are best resolved by meeting with a professional in person. With *EmployeeConnect*<sup>SM</sup>, you and your family get:

- In-person help for short-term issues (up to five sessions with a counselor per person, per issue, per year)
- In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and **25% off** subsequent meetings



### Unlimited 24/7 assistance

You and your family can access the following services anytime — online, on the mobile app or with a toll-free call:

- Information and referrals on family matters, such as child and elder care, pet care, vacation planning, moving, car buying, college planning and more
- Legal information and referrals for family law, estate planning, consumer and civil law
- Financial guidance on household budgeting and short- and long-term planning



### Online resources

*EmployeeConnect*<sup>SM</sup> offers a wide range of information and resources you can research and access on your own. Expert advice and support tools are just a click away when you visit [GuidanceResources.com](http://GuidanceResources.com) or download the *GuidanceNow*<sup>SM</sup> mobile app. You'll find:

- Articles and tutorials
- Videos
- Interactive tools, including financial calculators, budgeting worksheets and more

## *EmployeeConnect*<sup>SM</sup>

### EMPLOYEE ASSISTANCE PROGRAM SERVICES

Confidential help 24 hours a day, seven days a week for employees and their family members. Get help with:

- Family
- Parenting
- Addictions
- Emotional
- Legal
- Financial
- Relationships
- Stress

Insurance products issued by:  
The Lincoln National Life Insurance Company  
Lincoln Life & Annuity Company of New York  
Lincoln Life Assurance Company of Boston



We partner with your employer to offer this service at no additional cost to you!



## *EmployeeConnect*<sup>SM</sup> counselors are experienced and credentialed.

When you call the toll-free line, you'll talk to an experienced professional who will provide counseling, work-life advice and referrals. All counselors hold master's degrees, with broad-based clinical skills and at least three years of experience in counseling on a variety of issues. For face-to-face sessions, you'll meet with a credentialed, state-licensed counselor.

## You'll receive customized information for each work-life service you use.



### Take advantage of *EmployeeConnect*<sup>SM</sup>

For more information about the program, visit [GuidanceResources.com](http://GuidanceResources.com), download the *GuidanceNow*<sup>SM</sup> mobile app or call 888-628-4824.

GuidanceResources.com login credentials:

Username: LFGSupport Password: LFGSupport1

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**Order code: LTD-EAPEE-FLI001**



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### *EmployeeConnect*<sup>SM</sup>

#### EMPLOYEE ASSISTANCE PROGRAM SERVICES

To find out more:

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- Call 888-628-4824



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## Provides you resources to explore Fitness

- [Fitness](#)
  - [6 Healthy living habits](#)
  - [Healthy family life](#)
  - [Ergonomics and you](#)
  - [Exercise tips](#)
  - [Stand for health](#)
  - [Staying fit on vacation](#)
  - [Stretching and flexibility](#)

## Healthy family life

### 4 simple ways to help your family live healthier

Forming healthy habits is crucial to living a healthy lifestyle. And, it can be easier to form those good habits when you have someone (or a whole family) to do them with. When it comes to fun, good-for-you activities, the more, the merrier. Whether it's an at-home activity or group outing, there are so many ways to make your family a healthy family. Here are 4 ways to help your family get started.

#### 1. Be a family that cooks together

The kitchen is such a great way to bond with loved ones, share family traditions, talk about the importance of healthy eating and get creative in trying new things. Making your kitchen a space where everyone has a job in preparing a meal can show the whole family that cooking can be fun. Here are three ideas for healthy dinners for the family that everyone will love:

- **Taco night:** Everyone grab your favorite shell (or lettuce wrap), cook up some healthy protein and build your own taco with lots of fresh veggies and beans, avocado slices and a spoonful of salsa.
- **Homemade pizzas:** Pick your favorite crust (wheat, cauliflower, chickpea), chop up some healthy toppings and pile your pie with a variety of proteins, veggies, and anything else your little heart desires.
- **A twist on traditional pasta:** There are lots of fun alternatives to the traditional flour pasta. Put on your aprons, crank the tunes and make some nutritious noodles from scratch.

## 2. Put a hold on screen time

Did you know kids ages 8 to 12 in the U.S. spend an average of 4 to 6 hours each day in front of a screen?<sup>1</sup> While it may be easy to rely on smart devices for quick entertainment, it may actually hurt your family's health. All that time in front of a screen may have negative side effects, like trouble sleeping, less time outside, poor self-esteem and less quality time with family and friends. Next time you or a family member reaches for that phone, try one of these family activities instead:

- Break out a board game
- Take a walk around the block
- Craft, paint, draw or make a fort
- Cook a meal or make a snack
- Grab a puzzle
- Head to the park, ice rink, softball field or basketball court for some friendly competition

If you do choose to spend a little family screen time together, make it an engaging activity. Prep some healthy snacks as a family for a movie night (maybe there's an educational film about history or nature?) and plan ahead so it ends in time for everyone to get a good night's rest. Try to [put all your screens away](#) at least an hour before you hit the hay.<sup>2</sup>

## 3. Exercise as a family

Family workouts are a perfect way to get moving, feel those endorphins and lead by example to help your kids form healthy exercise habits. Regular exercise helps to keep your heart healthy, manage your weight and de-stress your mind. (Plus, it helps younger kids burn off some of that youthful energy.) It's important to make moving fun and easy for everyone. Here are [ideas to get the whole family up and moving](#):

- Take karate, Zumba or boxing classes together
- Rollerblade, bike or walk around town
- Take advantage of your local community center's open gym, indoor pool or skate park
- Turn house chores into a dance party by putting on some music and taking dance breaks
- Play outdoor games, like capture the flag, hopscotch or flashlight tag

Have a house with older kids? Start a workout routine by going to your local fitness studios, taking morning runs, investing in at-home exercise equipment or signing up for virtual fitness classes. Moving your body is great but building a bond with loved ones by spending healthy time together is priceless.



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## Safety & Health Updates

### ENGLISH

[COVID-19 Safety Plan \(CSP\) For In-Person Instruction](#)

[Student Vaccination Mandate Talking Points](#)

[CHOC: COVID-19 Frequently Asked Questions for Parents/Guardians](#)

[Student Symptom Decision Tree Chart](#)

[CDE - COVID-19 Youth Health Information Act](#)

[Ventilation Filter Information](#)

### ESPAÑOL

[Puntos de Conversación Sobre el Mandato de Vacunación de los Estudiantes](#)

[Clínicas de Pruebas COVID-19 para estudiantes - Regístrese Rara una Cita](#)

[Gráfico de Arbol de decisión de Síntomas del alud](#)



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Providing you articles and information on trending topics

## Using Benefits to Manage Employee Risks

Published on November 3, 2021

Employer-sponsored benefits remain a foundation for employees' financial security. The health and welfare benefits offered to active and retired employees provides strong protection against unexpected losses and expenses, and enjoy a comfortable life after their working years. Putting together a benefit package that gives employees the capability to match coverage to their specific situation assists you in hiring and keeping your staff.



[Read More](#)

Topics: [employee benefits](#)

## Retirement Plans and School Districts

Published on October 19, 2021

The retirement programs for school districts in California have been one of the attractive benefits for enhancing your recruitment and retention strategies. In addition to the basic retirement plan available from CalSTRS and CalPERS, you may also offer eligible deferred compensation plans under Internal Revenue Code Sections 457(b) or 403(b). Compensation an employee defers, under a governmental 457 plan or a 403(b) tax sheltered annuity, and accumulated investment earnings are not taxed until the employee receives a distribution after their employment ends. Thus, such plans assist employees with both current and postretirement tax planning.



[Read More](#)

Topics: [employee benefits](#)



## **Back to School Anxieties for Students**

Published on October 5, 2021

For the most part, kids are excited to be returning to school in person, to see their friends and teachers and participate in more “normal” activities again. But many students will also face some anxiety as they come back to campus in the midst of the coronavirus pandemic. It will not be a complete return to the way things were in the past and there will be significant rules and restrictions. You may anticipate both you and your students will encounter some challenges.



[Read More](#)

Topics: [property & casualty](#)

## **Ransomware Defense and Resilience**

Published on September 22, 2021

In a [recent Keenan Blog](#), we presented information on a ransomware attack that targeted school districts and other public agencies. The IT vendor serving nearly 50,000 customers quickly detected the scheme and only about 50 organizations were actually breached. But vulnerabilities to small businesses and local agencies became apparent. This Trending Topics focuses on the steps schools can take to prevent their data and systems from being compromised and the best practices for recovering from a breach by cyber criminals.



[Read More](#)

Topics: [property & casualty](#)



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\*Highlighted topics are for Kaiser and non-Kaiser individuals



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Wellness resources



Health & wellness > Mental health > **Wellness resources**

# Wellness resources



## Self-care tools, tips, and activities

Take a moment. Take a breath. Take time for self-care. Explore our broad range of self-care resources — including apps, audio activities, articles, and more — designed to help you thrive in mind, body, and spirit.



## Digital apps for a healthy state of mind

Try Calm and myStrength at no cost. These apps, which are recommended by Kaiser Permanente clinicians, help with sleep, stress, anxiety, and more.

[Get started](#)



## Navigating life's changes and challenges

Life's normal ups and downs can throw you off-kilter — but simple self-care strategies and healthy habits can help you through them.



**Managing stress**



**Sleeping better**



**Parenting**



**Relationships**

## Simple ways to be kind to your mind

Small acts of self-care can have a big impact — these practices can help you wind down, find calm, and feel better.





**Meditation**



**Mindfulness**



**Mind-body**



**Easing anxiety**

## More healthy steps you can take now

### Classes and support groups

Connecting with others who share similar experiences can be incredibly powerful. Our classes and support groups are taught by trained instructors, designed to help you strengthen relationships, change unhealthy behaviors, cope with stress, and more. Some classes may require a fee.

[Learn more](#)

### Healthy lifestyle programs

Get personalized advice, encouragement, and support to reach your health goals — entirely online at no cost to Kaiser Permanente members. In these programs, we'll recommend some simple activities for your daily or weekly routine that can help you:

- Keep stress in check
- Boost your mood

- Sleep better
- Improve eating, exercise, and social habits affected by your mental health

Get started

## Online self-assessments

Take an assessment and share the results with your doctor. We offer self-assessments for:

Depression

Alcohol use

Stress level

## Wellness coaching by phone

Making healthy lifestyle changes can have big mental health benefits. A wellness coach can help you get started, overcome obstacles, and achieve your goals — including reducing stress, quitting smoking, and more.

[Learn more](#)

# Connect to care

Contact us to discuss your treatment options. You don't need a referral to access mental health services.<sup>[1]</sup>

[Find care near you](#)

## Additional resources related to COVID-19

In addition to the many resources available from Kaiser Permanente to support your mental health and overall wellness, you can get a range of COVID-19 support online from other mental health organizations:

[Mental Health America](#) ↗

[Child Mind Institute](#) ↗

[American Foundation for Suicide Prevention](#) ↗

[The Jed Foundation](#) ↗

[National Alliance on Mental Illness](#) ↗

[Active Minds](#) ↗

For general information about COVID-19:

[Centers for Disease Control and Prevention](#) ↗