

EMPLOYEE ASSISTANCE PROGRAM

HOW TO BUILD RESILIENCE AND ADAPTIVE SKILLS DURING COVID-19

VIRTUAL TRAINING SERIES

The COVID-19 pandemic has brought uncertainty, rapid change, worry, and stress to our world. Attend this training to learn insights on reasons people are feeling stress and panic, tips on how to build resiliency and fine tune adaptive skills, how to help children cope and thrive, and when professional intervention may be needed.

**MONDAY,
DECEMBER 7, 2020**

12:00 - 1:00 p.m.

Registration:

Advanced registration is not required. To view and listen to the live webinar, go to <http://magellanhealth.adobeconnect.com/rv7vd61ec8gi/> on the day of the event.

The training will be recorded and available on the website approximately two to three weeks after the live event. To view past trainings, go to eap.calhr.ca.gov. Under Explore Services, click on the program tile for Webinars and Workshops to access the individual training recording, slideshow and handouts, if applicable.

Learning Objectives

- Discuss reasons we feel stress and panic during the pandemic.
- Review tips for managing emotions and building resilience.
- Describe ways to help children cope and thrive.
- Identify when it's time to seek help for mental health concerns.
- Fine tune adaptive skills.

Who Should Attend?

- These workshops are free to state employees.
- Before planning to attend, employees should ensure supervisor's approval.
- Please provide two weeks notice for special accommodations.

