



# COVID-19 (coronavirus)

## Learn effective stress-reduction techniques

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Access these trainings on [Liveandworkwell.com](https://www.liveandworkwell.com)

### **Coping with Traumatic Events**

Traumatic events can range from acts of terrorism, war, natural disasters, or infectious disease outbreaks such as COVID-19. Whatever form they take, when trauma hits close to home, it can be hard to process. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This program helps identify and normalize reactions to traumatic events. Participants will explore the broad emotional impact and look at healthy ways to cope.

Participants will:

- Define what a “critical incident” is
- Discuss expected expressions of grief and emotional toll
- Identify appropriate means of support and how to avoid stressors
- Learn effective stress-reduction techniques
- Examine strategies for helping children cope
- Determine when to seek professional support
- Explore the range of normal responses to critical incidents, such as the outbreak of Coronavirus

<https://bli.webex.com/bli/lsr.php?RCID=07c1389e47173fe4e370b024cb6b973e>

### **Get the Best of Stress**

In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like the Coronavirus outbreak. The concept of stress hardiness is also introduced as a focus for healthy stress management. In addition, attendees will get tools to help them dial down stress and better understand personal and organizational aspects of stress.

Participants will:

- Learn ways to respond to stress differently
- Apply several stress management techniques
- Identify common sources of stress, such as seeing repeated images or hearing reports about the COVID-19 outbreak in the media, and learn our reactions to it

<https://balancinglifesissues.webex.com/balancinglifesissues/lsr.php?RCID=7655016ead7446c1632116b9aacb6cd8>

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor’s or professional’s care. This program and its components may not be available in all states and coverage exclusions may apply.