

# Wellbeing Resources

Navigating the COVID-19 pandemic can be extremely stressful, and we want to ensure associates have access to resources and materials to help manage these feelings.

## ☑ Staples Life Services (EAP)

The Staples Life Services Program resources can be accessed at [eap.ndbh.com](http://eap.ndbh.com) (company code: Staples). Review this [program overview](#) for more details. The site contains articles, FREE webinars, monthly newsletters, and a searchable database of resources on a variety of life topics including:

- ☐ **Emotional Wellbeing:** mental health concerns, stress, grief & loss, addiction & substance abuse, job related issues, family & couples counseling
- ☐ **Health & Wellness:** walking/fitness programs, diet & nutrition, smoking cessation, stress management, chronic disease support
- ☐ **Financial Consultation:** credit/debt/budgeting, bankruptcy, identity theft, tax filing, estate & retirement planning ([learn more](#))
- ☐ **Legal Consultation:** civil lawsuits, real estate transactions, divorce/custody, criminal actions, contracts, immigration ([learn more](#))
- ☐ **Family & Caregiving:** parenting, special needs programs, education, childcare, prenatal/fertility, adoption, eldercare services, pet care
- ☐ **Convenience Services:** chore services, moving & relocation, electricians & plumbers, volunteer opportunities, travel & safety

## ☑ Talkspace

Staples Life Services also offers **Talkspace**, a way for you to connect with a therapist via text, audio and video messaging or live video session from a computer, smartphone or tablet. Online therapy gives you a private, secure and confidential space to work through challenges, and access to 5,000+ licensed therapists so you can match with the expert who's right for you. To learn more about the program, review the program overview and FAQs. To get started, visit [www.talkspace.com/e4eap](http://www.talkspace.com/e4eap) or call 1-800-227-2195.

## ☑ COVID-19 information & HR Services

You may visit the [Centers for Disease Control \(CDC\) website](#), the [World Health Organization website](#) or the [Canadian Public Health Services website](#) for the most up to date information about COVID-19.

**HR Services** is available to field questions and route them to the appropriate experts. Contact HR Services by calling 1-888-490-4747 or emailing [stapleshr@staples.com](mailto:stapleshr@staples.com). Please submit only one inquiry, regardless of method, per question or concern, and please expect longer than normal response times.

## ☑ Additional Resources (continued on next page)

Below are some additional resources to help you manage your emotional and mental wellbeing:

- ☐ [Emotional Well-Being Resource Guide](#): Presented by Cigna, this guide includes access to their COVID-19 Resource Center, which is available to all associates (even if you do not have benefits through Cigna). It also highlights their Behavioral Virtual Care Resources, which you can take advantage of if you are a Cigna customer.
- ☐ [COVID-19 Community Resources](#): This multi-page flyer includes information on mental health resources, employment & unemployment, local 211 services, rent/utilities support, and so much more.
- ☐ [Dealing with Loss During the Pandemic](#): Losing someone you care about is always hard, but the pandemic adds a new layer to the feelings you may have. This tip sheet can help you make sense of your feelings.
- ☐ [Returning to Work After a Pandemic for Managers](#): Many people are looking forward to returning to “normal” life once social distancing practices and stay-at-home orders are lifted, but what exactly will that look like?

# Wellbeing Resources

The Staples Life Services Program is here for you through everything life brings, including the Covid-19 crisis. If you need support to process what's going on, call the Support Line at 1-800-624-5544 or login at [eap.ndbh.com](http://eap.ndbh.com) any time.

## ☑ Webinars & Learnings (available anytime → use links below)

- Managing Stress for Positive Change ([58 mins ▶](#))
- Resilience During Difficult Times ([17 mins ▶](#))
- Setting up for Success – Working from Home ([25 mins ▶](#))
- Financial Uncertainty as the Coronavirus Spreads ([35 mins ▶](#))
- Strategies to Manage Anxiety ([18 mins ▶](#))
- The Intersection of Uncertainty and Parenting: COVID-19 ([40 mins ▶](#))
- Surviving During a Pandemic ([40 mins ▶](#))
- Relaxation Exercises *[originally for First Responders]* ([10 mins ▶](#))
- Compassion Fatigue for Caregivers – COVID ([19 mins ▶](#))
- Self-care *[originally for First Responders]* ([18 mins ▶](#))
- Stress Relief in Critical Times *[originally for First Responders]* ([17 mins ▶](#))

### For All:

- Leading in Time of Crisis - Resilience ([24 mins ▶](#))
- Leading in Time of Crisis – Grief, Loss, and Illness ([23 mins ▶](#))
- Managing Remotely ([30 mins ▶](#))
- How to Manage Employee Stress During Significant Change ([58 mins ▶](#))

### For Managers of Others:

## ☑ Free Apps during COVID pandemic (for stress, anxiety, mindfulness, meditation & sleep → for mobile devices)



## ☑ Wellness, Mental Health & Behavioral Resources from Cigna (available for ALL)

Go to [www.cigna.com/coronavirus/mental-health-wellness](http://www.cigna.com/coronavirus/mental-health-wellness) for a variety of resources including:

### Resources for Health Care Workers

Articles on compassion fatigue, understanding grief, self-care and more.

### Body and Mind Podcasts

Cigna's CLIMB® podcasts help you manage stress in your everyday life.

### Psych Hub

A library of educational videos and resources for mental health issues.

### Aunt Bertha Social Care Network

Find local resources for counseling, education, finances and more.