

5 Ways to Manage Stress & Anxiety during the COVID-19 Pandemic

The coronavirus (COVID-19) pandemic can increase stress and feelings of anxiety. Fairview supports your wellbeing and offers tips, resources, and programs to help. Learn more below.

1. Use Fairview Employee Assistance Program

Fairview offers you free, short-term counseling, referral and support services. You may use up to six short-term counseling sessions per year. No issue is too large or too small to contact EAP for assistance; however there are some common concerns employees seek help for. Learn more and contact EAP here or visit the Intranet.

2. Attend a Virtual Flourish Series

All employees are invited to register for our Flourish virtual wellbeing series. Learn and develop tools and skills to practice on your own. Participants will experience breathing techniques, mindfulness, guided movement and meditation, and expressive writing. Join an online class wherever you are! Learn more and register here or visit the Fairview Intranet News.

3. Take a breath

Mindfulness and deep breathing have been proven to reduce stress, anxiety, and negative emotions. Try this deep breathing exercise offered by 'Greater Good in Action' to assist in stress management and increase joy.

4. Be financially well

Fairview Employee Assistance Program offers a free resource portal including financial and legal information services. For more information, visit the EAP portal here or For legal and financial services 24/7, please call 833-736-9422.

5. Calm

Get connected with Calm.com or the Calm app. Calm offers various meditations, music, classes, mindfulness resources and practices to find ease. Learn more here or at calm.com.

For more information and resources, visit our Well at Work Blog here or by visiting intranetblogs.fairview.org/blogs/wellatwork.

Questions? Contact Employee Wellbeing by emailing Wellness@fairview.org

