

 **Caring through  
COVID Connection**

Insights and resources to help you navigate COVID-19

Explore and share the latest insights and tools from Beacon's experts to help manage the stress and anxiety related to the evolving COVID-19 crisis. And, for more information, visit [BeaconHealthOptions.com/coronavirus](https://BeaconHealthOptions.com/coronavirus).

## Take care



**Returning to the new normal (recorded webinar):** The first step in defining the new normal is acknowledging and talking about the different emotions you're feeling. Fear. Relief. Disappointment. Discover tools and tips for adapting to your new reality and planning for the future.

WATCH NOW



**Knowing when to help a loved one:** The fear of the unknown. It's a phrase we've all used, but during the COVID-19 pandemic, it's a term that has real meaning as we are living a true day-by-day existence. For some of our friends and family, when is too much simply too much? Explore guidelines for when it's time to suggest professional help for a loved one.

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**Healthcare workers: You have the power to manage COVID-19:** The documented concerns of healthcare workers on the frontlines of the COVID-19 pandemic are real. Managing the stress, fear, and anxiety are paramount as the crisis continues. Discover practical steps to help take care of yourself – physically, psychologically, and emotionally.

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## Build resiliency



**7 steps to resiliency:** At some point in our lives, we all need to tap into resiliency to overcome one obstacle or another. The good news is that resiliency isn't something you have or don't have. It's a trait you can develop.

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