

New EAP Seminar Offerings

Managing the Challenges of COVID-19

This program provides an overview of the issues and challenges healthcare workers are facing due to COVID-19, including anxiety, PTSD, compassion fatigue and others, as well as recommended best practices for dealing effectively with those challenges.

The New Rules – Coping with the Changes of COVID-19

We will focus on the new rules of COVID-19 and the coping mechanisms available when dealing with the myriad of life changes we have all had to pivot through, such as virtual connections with loved ones, social distancing, mask wearing, and sheltering in place, among others.

Behind the Mask – Staying Positive During COVID-19

This program will look at reframing COVID-19, exploring the positive aspects that it may have provided for individuals, including self-discovery, deepening personal and family relationships, exploring creativity, practicing Learned Optimism, developing positive habits and appreciating aspects of life we may have taken for granted in the past.

Healing Relationships During COVID-19

This program will focus on the numerous challenges, conflicts, opportunities and strategies for personal and family relationships that COVID-19 has created for many couples and families. We will focus on mindfulness practices such as being present, staying attentive, regulating emotions, being self-aware and cultivating empathy and compassion.

Grieving in the Time of COVID-19

Life as we knew it has been turned upside down. That feeling you are feeling may be grief. How do you recognize the signs and symptoms of grief and how do you cope with that emotion? This program will give you an overview of what grief is, and how to take care of yourself and others in this time of uncertainty.

Managing Your Mental Health During COVID-19

Never in the history of our world has so many people felt the levels of anxiety in relation to the world in which they live. The goal of this program is to give you a deeper understanding of the anxiety reaction as it relates to various aspects of your current life, ranging from time spent watching news programming to the way you talk with your children about this. We will also look at strategies for reducing your anxiety response.

Anxiety in Children and Young Adults During COVID-19

The impact of Coronavirus can be seen in the levels of anxiety found in our children and young adults. This program will focus on how to support children and young adults who are suffering from anxiety during COVID 19. We will focus on the triggers and signs of anxiety to look for.

Finding the Eye of the Storm – A Three Part Relaxation Series

This program will provide employees with an opportunity to practice relaxation techniques in a weekly format in order to better assimilate these techniques into their daily routine. Research shows that repetition of relaxation techniques helps to reinforce and promote their use in an individual's life. The more a person practices relaxation techniques, the greater their likelihood of utilizing those techniques during times of stress. This program will offer a menu of relaxation techniques to enable employees to pick and choose those techniques that work best for their personality and individual style. The techniques offered will include mindfulness meditation, progressive meditation, autogenic training, breath meditation, and guided imagery, as well as instant techniques which can provide quick and immediate relief from stress.

When Life Returns to “Normal”

Can you imagine what your life will be like when life returns to normal? How will you have changed? What realizations would you have had? This course will focus on a positive imagined future, where once again we can sit next to strangers, hug a friend, and walk outside without a face covering. When that time comes, how will you look back at this current time in your life? Despite the necessity, many of us have grown tired of the restrictions and restraints of our current time. This course is designed to focus on a future time when COVID was a past challenge. In this program, we will look at how your life may be changed by our current events. We will focus on your goals, how your perspective has changed, and ways that you can use this moment in time to incorporate gratitude, self-reflection, forgiveness and emotional intelligence to prepare yourself for the most ideal future you can create.

To request a seminar, contact your HR partner who will work with One Source EAP.to schedule it.