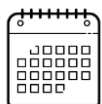


Preferred EAP – Your Partner Through the COVID-19 Crisis

Preferred EAP is your resource and support through these challenging times. Social distancing does not have to mean social isolation. Preferred EAP is here and able to provide you with immediate assistance.



Tips to maintain your health and wellness through this time of crisis:



Stick to a Schedule: Whether you are in the office or working from home, create a plan for yourself and your family members to help create consistency and a routine.



Stay Connected: Use support systems like FaceTime and Skype to communicate with friends and family. Stay informed, but limit media consumption as it can increase anxiety.



Keep Your Immune System Strong: Wash your hands, get enough rest, drink plenty of water, eat healthy foods and take your vitamins.



Exercise & Stay Active: This is good for your physical and mental health! Walk around and get outside for some fresh air, if you can, while maintaining social distance. Encourage your family to participate too.

Reach out to Preferred EAP if you are:

- Feeling overwhelmed
- Feeling isolated or alone
- Feeling anxious or depressed
- Feeling fearful
- Feeling like you need to talk to someone

You can also reach out to seek guidance in helping a loved one experiencing these emotions. Remember, all conversations with our trained counselors are confidential.

Call or email: 800-327-8878 or <http://www.preferreddeap.org/contact-us.aspx>

For up to date information visit: LVHN.org/COVID19