

Mental Health & Wellbeing Toolkit

Your resource for supporting mental health and wellbeing during the coronavirus pandemic.

MENTAL HEALTH RESOURCES

- ▶ 5 Key Resilience Factors Needed to Push Through and Learn From Adversity [[FLYER](#)]
- ▶ Tips to Control Your Response to Uncertainty and Fear [[FLYER](#)]
- ▶ Maintaining Mental Wellbeing During a Quarantine [[FLYER](#)]
- ▶ Boost Your Mental Wellbeing by Saying Goodbye to Stress [[FLYER](#)]
- ▶ Managing Anxiety [[FLYER](#)]
- ▶ How to Support a Family Member in Crisis [[VIDEO](#)]
- ▶ Emotional Health & Resilience – Strategies for Managing Stress, Anxiety & Fear with COVID-19 [[RECORDED WEBINAR](#)]

MENTAL HEALTH TEMPLATES

- ▶ Coronavirus Survey for Leadership and HR [[TEMPLATE](#)]
SurveyMonkey used this survey to gather feedback from their employees and develop a support program during the Coronavirus crisis. Use this template to build your own survey to discover how to support your team during this time.
- ▶ Employee Assistance Program [[EDITABLE TEMPLATE](#)]
Share this template with your team to include your carrier specific resources and EAP details.
- ▶ Your Stigma-Free Workplace Blueprint [[PDF WITH EDITABLE TEMPLATES](#)]

TOTAL WELLBEING RESOURCES

- ▶ Working From Home During the Coronavirus Outbreak [[FLYER](#)]
- ▶ Reduce Anxiety with the 4-7-8 Breath [[VIDEO](#)]
- ▶ Staying Fit in Extraordinary Times [[FLYER](#)]
- ▶ Stress Signals: When Your Body Says Help [[FLYER](#)]
- ▶ Emotional, Spiritual & Physical Self-Care Checklist [[FLYER](#)]
- ▶ In the Face of the Coronavirus, Workplace Wellness is Key [[ARTICLE](#)]

MORE RESOURCES

- ▶ [VIDEOS](#) to Share With Your Team That Cover Everything from CARES, Telemedicine, and More

For more COVID-19 support and resources, visit the [OneDigital Coronavirus Advisory Hub](#).

