

Anthem Employee Assistance Program (EAP) has added several new seminar topics related to COVID-19.

Please contact your EAP Client Consultant Kevin Robertson via email at kevin.robertson@anthem.com to arrange a presentation, which can be provided in a webinar format.

Best Practices for Working Remotely During COVID19

Learning to work from home 100% of the time will require adaptability and a new set of skills. This course will outline strategies for communication, productivity, and time management all within the context of working from your home environment. Discussions will include how to work around your children, how to manage distractions and how to cope with the unique emotional pressures of working away from the office.

Dealing with Stress during COVID19

This course is geared to helping people dealing with ongoing stress. As this pandemic continues it is more important than ever to understand how to manage not only our own stress but that of those around us. This course will provide practical strategies for identifying the symptoms of stress and keeping it under control.

Financial Uncertainty during COVID19

All you need to know about managing your money during these challenging times. Highlights include: avoiding rash financial decisions, staying the course, and strategies for long term financial security.

Handling Life Positively

A unique and fun discussion-type podcast presented by Wendy Wollner, the CEO of Balancing Life's Issues (BLI) and Chris Walchuk, who is also with BLI and is expert in work-life services. Listen to this engaging conversation to learn how to make the most of your life during this challenging time.

How to Keep Your Family Healthy (Podcast)

This course focuses on characteristics of COVID19 as they pertain to your family's health, including topics such as: how does it spread; how to recognize the symptoms; how to respond to a positive diagnosis, etc.

How to Stay Healthy

This class is an overview of why self-care is so important for your health and immune system during this time of virus spread. It will also include health tips for reducing your risk of contracting COVID-19.

How to Stay Healthy (Podcast)

You will be best able to care for those around you if you first care for yourself. This course focuses on characteristics of COVID19 as they pertain to your own health, including topics

such as: how does it spread; how to recognize the symptoms; how to respond to a positive diagnosis, etc.

Increasing Mental Toughness

This seminar is about using challenging times as an opportunity to increase our mental toughness, is a positive way to look at negative event. We will discuss what it means to be mentally tough and we will also dive into the topic of Grit.

Leading in Times of Crisis COVID19

Certain traits of an effective leader are especially crucial during times of crisis. Learn how great leaders in history used their skills to communicate, adapt, and bring their people together in some of the worst crises ever faced in this country. This course offers practical strategies and tools to calm, inspire, and motivate those who look to you for guidance.

Living in Uncertain Times during COVID19

We are all living in unprecedented times, which fosters worry and anxiety. Heightened worry and fear can only make trigger events worse than they already are. Controlling the way that we process the events is the goal of this seminar.

Living Off Your Paycheck during COVID19

In today's financially uncertain world, we need more guidance on how to live as frugally as possible. Being in control of our money in a time where there is little that we can control is a way to help ourselves and our families. Common sense, no-nonsense advice for making ends meet. This seminar will cover goal setting and how your money beliefs can affect the way you save and spend. We will discuss how to reduce debt, learn the difference between "meat" and "gravy" and consider how to increase your wealth.

Losing a Loved One to COVID19

Losing a loved one is one of the most difficult challenges anyone can face, particularly when it is sudden or unexpected. Chances are high that lives will be lost during the current crisis and we need to be prepared. This course offers guidance for both the emotional (dealing with guilt, etc.) and the practical aspects (funeral arrangements, etc.) of losing a loved one.

Managing Fear and anxiety around COVID19

Fears and anxieties are made up of thoughts that are based upon either personal experiences or beliefs of the world today. Pretending that these thoughts and fears do not exist, or are not that bad, can make them worse. In this class, we will learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable to get you through these challenging times.

Preparing your Family and Children for COVID19

This course offers a deep dive into specific strategies for your family members to deal with the current pandemic with a focus on families with younger children. You will be given

checklists and guidance for all possible scenarios your family might encounter. This course is designed to supplement other courses in this catalog.

Protecting Your Child's Health COVID19

The importance of protecting your children's health and wellbeing is especially crucial during a nationwide pandemic. In this course, you will learn how to handle the practical aspects of keeping your children healthy, not only physically but emotionally as well.

Quarantine vs Isolation COVID19

During a time we are all practicing safety, it is important review the definitions of quarantine vs isolation and when each comes into play.

Staying Social during Social Distancing

It is easy to start to feel isolated or lonely during these important times of social distancing. This class will discuss the importance of keeping your social life active and the importance of social distancing while giving you different methods of staying social while staying distant.

Stress Management for High Burnout Professions

Situations like the current pandemic affect all of us, but no-one more than those of us on the "front lines." This course is especially designed to help health care workers and first responders deal with the stressors specifically associated with a major crisis.

Talking to Your Child about the Coronavirus

Talking about the Coronavirus to your children or about any challenging topic can be delicate. In today's world parents need to balance the message appropriately. Deliver a message of safety while reassuring children that they can continue being children.

The Art of Parenting during Uncertain Times COVID19

How do manage the stress of what's going on in the country around the Corona Virus topic and managing the fears of your children. Tips for parents on conversations, as well as the extra time spent at home over the next few weeks.

The Furloughed Employee

An unprecedented number of employers have furloughed employees. This course will compare and contrast the concepts of furloughs vs. layoffs. An Employee and a Manager version of this training is available.

The New Normal: Life after COVID19

We all know that life will never be quite the same after the COVID19 pandemic. When will it be over? How will things be different? How will we adapt to the new world without becoming overwhelmed? In this course, we will use lessons we've learned from past crises (such as 9/11) to prepare for the post-pandemic world.

Understanding Your Immune System

There has never been a time during our lifetimes when it has been more important to understand our own immune system. This course will explain the importance of the immune system and how it functions. You will learn how to separate the fact from the hype and, most importantly, practical measures you can take to strengthen your immune system.

When You or a Family Member gets COVID19

Given the chances that you or someone you know will become infected, it is important to know how to respond appropriately. Learn how to determine if you are sick, how to quarantine yourself, and how to safely manage your household while someone is ill.

Working with Children Home

In today's world we are all being asked to do more while still focusing on our children's needs and wants. This class will cover best practices for younger and older children to have routines and structure in this uncertain time. We will offer suggestions on how to be most productive while also trying to enjoy family time as well.