



DEER OAKS EAP SERVICES PRESENTS:

# A Pandemic Support Webinar Series: Transitioning to the New Normal

This Webinar series is designed to help organizations and their employees to better cope with – and adjust to - the stress and changes brought about by the COVID-19 pandemic.

## # 1 How to Cope with Change and Uncertainty

As the pandemic continues, many individuals are facing significant stress, changing circumstances, and uncertainty. This important session will discuss several practical strategies for managing stress, adjusting to change, and coping with a future that may seem unclear.



Date/Time: January 25, 2021, 1:00-2:00 PM CT

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## # 2 How to Maximize Productivity and Job Satisfaction While Working Remotely

This timely session will review the benefits and challenges of working from home, and provide several tips and strategies that can help remote workers to maximize productivity and job satisfaction. Areas to be discussed include identifying the best workspace, planning/structuring your day, self-discipline, managing distractions, and meeting your personal/social needs.

REGISTER NOW 

Date/Time: April 5, 2021, 1:00-2:00 PM CT

## # 3 How to Deal with Anxiety in the Midst of Stressful Circumstances

This past year, our world has been faced with a series of difficult and stressful circumstances that have left many of us feeling anxious. This timely session will discuss several practical approaches to dealing with anxiety including managing our self-talk, expressing our emotions, and seeking appropriate support from others.



Date/Time: July 12, 2021, 1:00-2:00 PM CT

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## # 4 Preventing & Overcoming Burnout

The World Health Organization defines burnout as a syndrome of “chronic workplace stress that hasn’t been successfully managed.” During these current stressful times, many employees are at an even higher risk of burnout. This important session will discuss several strategies for more effectively managing stress and keeping our lives in balance to reduce the risk of burnout.

REGISTER NOW 

Date/Time: October 11, 2021, 1:00-2:00 PM CT

A recording of each session will be available following the live session.

CONTACT YOUR EAP 24/7/365:

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