



KEEP CALM AND CARRY ON

MAINTAINING YOUR COMPOSURE AMIDST THE PANDEMIC PANIC

The coronavirus has led to widespread fear on a global scale. The pervasive impact of the outbreak on a humanitarian and economical scale means that levels of extreme uncertainty and anxiety is rife and unprecedented business and health challenges are being presented across the world. Whilst every person and every business strives to adapt to the situation and discover ways to continue whilst still mitigating the risks presented, societal stress levels remain high and the viral outbreak poses a very real threat to the wellbeing of our communities, from both a psychological and physical perspective. Given that stress has an adverse impact on our immune system, it is more important than ever to retain a healthy sense of perspective, focus upon practical ways to adapt to the situation and respond in a composed way to the outbreak.

The session will cover:

- Strategies to tackle feelings of anxiety and stress
- Practical techniques for working from home
- Ways to address signs of panic in the workplace
- When to reach out for further help and support

Chinese

Fri, Mar 20, 2020 11:30 AM - 12:30 PM HKT

[Register Here](#)

Global English

Fri, Mar 20, 2020 10:00 AM - 11:00 AM GMT

[Register Here](#)

US English

Fri, Mar 20, 2020 11:00 AM - 12:00 PM EDT

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European French

Mon, Mar 23, 2020 11:00 AM - 12:00 PM CET

[Register Here](#)

Canadian French

Mon, Mar 23, 2020 11:00 AM - 12:00 PM EDT

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HelpNet EAP Counselors can help you address issues affecting your mental and emotional well-being. Call **1-800-969-6162** to schedule your confidential counseling session.

