

Coronavirus/COVID-19 Resources

The spread of the coronavirus COVID-19 has put organizations and employees on alert. At Lincoln Financial Group we understand that our current environments are changing rapidly. We are here to support you through all the stressful situations that are part of life.

This information from ComPsych[®] can help keep employees informed about the coronavirus, as well as offer guidance on how to remain healthy and deal with the emotional impacts of the outbreak.



Fostering resiliency

Stress and anxiety are normal reactions to current events. This [flier](#) explains how to keep those emotions in check.



COVID-19 webinar series

As the COVID-19 virus spreads, it's normal to feel fear and uncertainty. ComPsych trainers designed a series of [webinars](#) to offer guidance.



Weathering a financial emergency

With financial markets in turmoil and many people facing income disruptions, it's a good time to make sure that personal [finances](#) are on a solid footing.



Working remotely

With more people working from home, these guides offer tips to managers and employees for adjusting to the change.

- [Guide](#) for managers working remotely
- [Guide](#) for employees working remotely



Health and safety resources

Download this [list](#) for links to public health and safety resources from the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC) and others across the globe.



A relaxation break

Offer this [interactive experience](#) to employees who are feeling stressed about recent events.



How your EAP can help

This short [video](#) explains how your EAP program can help, particularly during stressful times.



Staying healthy at work

In uncertain times, staying healthy at work can feel like an uphill battle. These [materials](#) offer tips to keep your workforce feeling well.

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