

# Coronavirus/COVID-19 Resources

The spread of 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 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.



## How your EAP can help

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



## Weathering a financial emergency

With financial markets on a downswing due to COVID-19, this flier helps answer some frequently asked financial questions. It's also a smart time to ensure personal finances are in order. [Look to this financial resiliency brochure for guidance.](#)



## 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 other organizations across the globe.



## 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.



## Coronavirus webinar

As the COVID-19 virus spreads, it's normal to feel fear and uncertainty. This [webinar](#) offers tips for coping with uncertainty and regaining control.



## Working remotely webinar

In [Navigating Your Work From Home Transition Due to the Coronavirus](#), a ComPsych expert trainer offers tips and answers questions.



## 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



## A relaxation break

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



### Answer consumer issue questions

During this time, your employees may have a lot of "what if" questions when it comes to paying bills, traveling, or other consumer issues. [Offer this FAQ](#) to help ease their mind.



### Support over the phone

It's important to remember during this time that your "in-person" sessions can still be utilized, just over the phone. ComPsych has transitioned their offering and is available via phone by calling 888-628-4824.



### Locating assistance

Use [this FAQ](#) when an employee needs help locating assistance services.



### Navigating home life

Adjusting to this new normal can be difficult for all members of a household. [Offer this guide](#) to help develop strategies during this challenging time.



### Coping with grief and loss

For those employees going through a situation involving loss, suggest [this guide](#) on some helpful tips with how to process those emotions.



### Get support and resources from your *EmployeeConnect*<sup>SM</sup> assistance program.

Visit [GuidanceResources.com](https://GuidanceResources.com), download the GuidanceNow<sup>SM</sup> mobile app or call 888-628-4824. Website username: LFGSupport | Password: LFGSupport1

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