

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 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.



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.



How your EAP can help

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



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.



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 webinar

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



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.



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.



Get support and resources from your *EmployeeConnectSM* assistance program.

Visit [GuidanceResources.com](https://www.guidanceresources.com), download the [GuidanceNowSM](#) mobile app or call 888-628-4824. Website username: LFGSupport | Password: LFGSupport1

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