

# Helping you manage COVID-19 stress

The coronavirus COVID-19 has changed many aspects of our daily lives. At Lincoln Financial Group, we understand the stress COVID-19 can cause and we are here to support you.

As we navigate our current situation, we want you to know about resources included with your Employee Assistance Program to manage your health and emotional well-being, such as referrals for elder care or child care, financial guidance and tools to help manage stress and navigate life at home. Watch this [video](#) to see how your EAP can help.

You can access these services online, on the mobile app or with a toll-free call. Click on the resources below to see how your EAP can help you today:



## Tips to stay healthy and reduce stress:

- [Tools to handle COVID-19-related stress:](#) Manage stress to help boost your energy and improve your health.
- [Managing worry and anxiety amid COVID-19:](#) Reduce worry to improve sleep, and concentration.
- [Resiliency resources:](#) Find help on reducing stress, tips to relax and much more to help improve your mental health.
- [Relaxation break:](#) Follow guided relaxation to feel more refreshed.
- [Health and safety:](#) Visit online health and safety resources from the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC).



## Navigating life at home:

- [Navigating life at home:](#) Use these tools to support a productive home life.
- [Working remotely:](#) Feel better about working from home.
- [Navigating your work from home transition:](#) Increase your productivity and job satisfaction.
- [Health and wellness:](#) Stay healthy at work and home to feel your best.

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

Visit [GuidanceResources.com](https://www.guidanceresources.com) or download the GuidanceNow<sup>SM</sup> mobile app.

### Website

Username: LFGSupport  
Password: LFGSupport1

### Call

888-628-4824

*EmployeeConnect<sup>SM</sup> and EmployeeConnect<sup>SM</sup> Plus services are provided by ComPsych<sup>®</sup> Corporation, Chicago, IL. ComPsych<sup>®</sup> is not a Lincoln Financial Group<sup>®</sup> company. Coverage is subject to actual contract language. Each independent company is solely responsible for its own obligations.*



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