

Repopulation Resources

Work-life Resources

Childcare/Eldercare

- Promotional flyer with program information
- Website Resources
 - mylifematters.com Self-serve care search under Relationships Tile/Caregiving
 - Eldercare/Childcare articles/videos/webinars

Counseling

- Promotional flyer with program information

Manager Resources

- Advisor
- Training listed below

Additional Resources on mylifematters.com

- COVID-19 Resource – located on mylifematters.com website home page
- Developing Resilience – located on mylifematters.com website home page
- Mindfulness Podcast – located on mylifematters.com website home page
- 3 in 3 videos – located on mylifematters.com website home page

Training Recommendations – Highlighted in training menu

(**denotes leader version also available)

- First Aid Kit for the Mind
- Personal Resilience
- Workplace Change***
- Times of Uncertainty***
- Emotional Trauma
- Respect in the Workplace
- Reentry for employees and for leaders***

Training - Leaders

- Boosting Staff Morale
- Depression in the Workplace
- Workplace Change

Articles

- Return to Work (COVID-19)
- Anxiety
- Stressful change
- Self-Care/Stress
- Resilience