

Wellness & Self-Care Resources for Employees

Last Updated 7/2/20

Managing Stress and Anxiety Resources

[Lessons from a Working Mom “Doing It All”](#) – article by HBR – *New*

[When More Information Leads to More Uncertainty](#) – article by HBR

[Are You Stuck in the Anxiety-Distraction Feedback Loop?](#) – article by HBR

[ADAA Reviewed Mental Health Apps](#) – provided by the Anxiety and Depression Association of America

[Working Parents, Make Friendships a Part of Your Routine](#) – article by HBR

[Aware Mindfulness Channel](#) – short, audio mindfulness exercises provided by GoToStage

[Motivational Mondays with Rachel Davis via Zoom](#) – offered by Stockton’s Office of Continuing Studies

[Making Your Home a Healing Environment](#) – video recording sponsored by Stockton University at Manahawkin. Password: 7B?5%yk#

[COVID-19 Support Resources for Employees](#) – videos and blog articles provided by Wellright

[Teens & COVID-19: Challenges and Opportunities during the Outbreak](#) – article by healthychildren.org

[Yale’s Happiness Course](#)

[Anticipatory Anxiety](#) - recorded Webinar by Paperclip Communications

[Grieving the “little things” that have a big impact](#) – article by Paperclip Communications

[Your Healthiest Self Wellness Toolkits](#) – National Institute of Health Resource

[A Hughes Center Conversation: Coronavirus Pandemic Poses Risks to Mental Health](#) – a video recorded conversation hosted by the William J. Hughes Center for Public Policy

[Additional links to articles about stress while coping with the pandemic](#) – provided by the William J. Hughes Center for Public Policy

[Managing the Stress and Anxiety of Coronavirus](#) – HBR podcast

[Build Your Resilience in the Face of a Crisis](#) – HBR article

[Is It Even Possible to Focus on Anything Right Now?](#) - Article from HBR

[Covid-19 Your Practical Guide to Well Being](#)

[Stress and Coping Covid-19 CDC](#) – a resource provided by the Centers for Disease Control

[COVID-19 and Couples Confinement](#) – article provided by the Deer Oaks EAP

[COVID-19 and Helping Seniors](#) – article provided by the Deer Oaks EAP

[The Thrive Guide to Safeguarding Your Mental Health in the Time of COVID-19](#) – blog article by Thrive Global

[Try These Creative Tips for Getting Quality Sleep During Challenging Times](#) – blog article by Thrive Global

[How to Reframe a Negative Mindset and Shift Your Perspective](#) – blog article by Thrive Global

[How to Deal with Overwhelming Feelings During this Crisis](#) – blog article by Thrive Global

[Psychological First Aid: Supporting Yourself and Others during COVID-19](#) – Training provided by the American Red Cross

Working-From-Home tips, best practices, and resources

[Stay Motivated When Feedback is Scarce](#) – article by HBR

[Want To Be More Productive? Try Doing Less](#) – article from HBR

[Save Your Sanity: 21 Productivity Hacks That Will Transform The Way Your Work](#) – free archived webinar provided by HR.com

[Living with Intention at Work and at Home](#) – article by the Center for Creative Leadership

[5 Tips to Reduce Screen Time While You're WFH](#) – article by HBR

[Working Remotely – Working Well](#) – tips provided by The Wellbeing Project

[Take Control of Working from Home Temporarily](#) – free e-Book provided by Take Control

[15 tips to create positive work-from-home experiences](#) – blog article from Qualtrics:

[12 Productivity Tips When Working from Home](#) – blog article by JDSupra:

[Working from Home Advice: 10 Tips to Improve Productivity](#) - blog article from the Center for Creative Leadership

[3 Tips for Avoiding Work-from-Home Burnout](#) – Article from HBR

[A Guide for Working-From-Home Parents](#) – Article from HBR

[Working Parents: How to Juggle Your Changing Demands & Home School Your Child](#) – recorded webinar by Deer Oaks EAP

[How to Keep Your Virtual Meetings Efficient and Productive](#) – blog article from Thrive Global

[Parents Share Their Best Tips on Working From Home While Parenting During the Coronavirus](#) – blog article by Thrive Global

[Working Remotely During COVID-19: Your Mental Health and Well-Being](#) – resource by Center for Workplace Mental Health

Support Resources

[Covid-19 Resources for SHBP and SEHBP Members](#) - To address the COVID-19 outbreak, the following information and resources are provided for members of the State Health Benefits Program (SHBP) and School Employees' Health Benefits Program (SEHBP)

[New Jersey Community & Wellness Assistance](#) – provided by NJ.gov

Deer Oaks Employee Assistance Program:

Toll-free Helpline available 24/7/365:	1-866-327-2400
Web:	www.deeroakseap.com <ul style="list-style-type: none">• username & password: OSPREY• Or, Log into the Stockton Portal and click on the Employee tab to find a direct pass through link to the Deer Oaks secure website.
Email:	eap@deeroaks.com