



COPING IN CRISIS

Staying well with ISK

Week of May 25:

Mental Wellness & Returning to Work

FROM THE CDC:

[Employees: How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic](#) (Webpage)

FROM NAMI:

[VirusAnxiety.com: "Ask the Expert" – Work & Finances](#) (Web resource about work and anxiety during COVID 19)

OTHER:

[Do you have anxiety about returning to work?](#) (WZZM interview with Bob VandePol, Executive Director of Pine Rest Employee Assistance Program)

[As reopening begins in uncertain coronavirus times, you need emotional protective equipment, too](#) (Article with advice for employees and organizations from health and medical educators at Michigan State University)

[Opinion: I'm not OK, and that's OK: Let's talk openly about mental health at work, and an HR boss starts with herself](#) (Article from MarketWatch.com)

Visit the [ISK Facebook page](#) for more tips.

Have a great week and stay well!