

Managing the Holidays during a Pandemic

TriHealth EAP and Workplace Wellbeing & Fitness



The holidays can be a very stressful time; however, this year the holiday season will likely present new challenges due to COVID-19. Many of us will be facing issues such as a change in travel plans, different family gatherings, isolation, depression, and grief. TriHealth Corporate Health is here to help. Our EAP and Workplace Wellbeing & Fitness departments have joined forces to offer a new presentation, *Managing the Holidays during a Pandemic*. In this session we will review:

- How to recognize the impact of COVID-19 on holiday celebrations
- Ways we can adjust for family events in our new environment
- The importance of planning ahead to reduce stress
- Self-care strategies to reduce symptoms of anxiety, depression and grief
- Ideas to create new holiday traditions and enjoy holiday activities

The presentation will last approximately 45 to 60 minutes and will be conducted virtually via WebEx or in person*. Virtual sessions can be recorded if needed.

Total investment:

Virtual presentation \$125

In person presentation* \$175

(*dependent on current COVID guidelines)

Current EAP and Workplace Wellbeing & Fitness customers may have contractual training hours that are applicable.

How to schedule:

Contact TriHealth Corporate Health at 513 891 1622

The TriHealth Corporate Health Difference:

TriHealth combines innovative programs, professional expertise and outstanding customer service to create a rewarding health experience for your employees and company.

No other area health system offers the breadth of health-related resources and services of TriHealth. With our integrated approach to care, and high-touch approach, we are uniquely positioned not only to effectively administer worksite wellness programs but also to connect employees to countless health and wellness resources.

TriHealth.com | 513 891 1622



TriHealth.com | 513 891 1622

2020 Bethesda Healthcare, Inc. All rights reserved.
Copying or reproducing this document is strictly prohibited