TO: All Employees

FROM: Keisha Pottinger-Moore, Associate Director, Human Resources

DATE: April 16, 2020

SUBJECT: Deer Oaks EAP: Coronavirus Follow up and IConnectYou app

Please be advised of the recent updates shared by Deer Oaks, CUNY Employee Assistance Program (EAP). Below you will find some useful information and tools to be used as EAP has moved to primarily a "telehealth" model.

On www.deeroakseap.com, Deer Oaks continue to update the News for You section of the homepage with details and resources. There are a couple of webinars that employees might find useful:

**Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic**

The coronavirus has led to widespread fear on a global scale. The pervasive impact of the outbreak on a humanitarian and economical scale means that levels of extreme uncertainty and anxiety is rife, and unprecedented business and health challenges are being presented across the world. Given that stress has an adverse impact on your immune system, it is more important than ever to retain a healthy sense of perspective, focus upon practical ways to adapt to the situation and respond in a composed way to the outbreak. The session will cover:

- Strategies to tackle feelings of anxiety and stress
- Practical techniques for working from home
- Ways to address signs of panic in the workplace
- When to reach out for further help and support

**Build Psychological Immunity During the Coronavirus Outbreak**

This seminar identifies and acknowledges the emotions you may be experiencing, and offers practical suggestions for coping, to include:

- Understand the stress response during the outbreak
- Learn ways to increase your psychological immunity
- Discover practical strategies to help cope
- Consider organizational sensitivity to the impact of the outbreak.
- Learn what resources are available for support
There is also AWARE Mindfulness Based Stress Reduction sessions that are available to employees and household members on demand.

**AWARE Mindfulness Based Stress Reduction:** (Live and Recorded sessions) - An opportunity to engage in short, live mindfulness exercises facilitated by our Aware specialists. These 10-minute sessions will help you to focus, release tension and reset for improved well-being.

04/16/20—Aware Live Mindfulness Sessions

04/17/20—Aware Live Mindfulness Sessions

Finally, members are able to view the on demand monthly webinars. April’s feature is on “Communicating with Kids”. It is very timely, since we have been getting questions on this topic. It will be available for everyone to start viewing on 4/21/2020.

04/21/20—Effective Communication with Children

Deer Oaks website has a lot to offer and participants may work at their own pace to take advantage of the coronavirus resources. Your IConnectYou app is also available to provide easy access to a virtual call with our team.

Any questions or concerns, please reach out to any member of John Jay HR benefits team at Benefits@jjay.cuny.edu or call us 212-237-8517.