

FAA WorkLife Solutions Program for Current Challenges

It is normal to feel anxious, unsettled, distracted, scared and/or overwhelmed by COVID-19. We do not know where it may spread; however, some people may be more vulnerable if they already have a health or generalized anxiety disorder. In either case, feeling stressed can affect your immune system and increase the risk of getting ill in general. That is why it is important to take steps to manage your anxiety and stress and how you react to the situation, so you can keep yourself as safe as possible.



If you or a household member are having difficulty coping with stress and anxiety or staying emotionally well, help is available. Call your WorkLife Solutions Program at 800-234-1327 (800-456-4006) or visit www.MagellanAscend.com We are available 24 hours a day, 7 days a week, all year long. Contact us to speak with a clinical professional. All services are free and confidential.

The tip sheets and webinars below may be helpful.

Webinars

Budgeting When Income Is Uncertain

[Click here to register for the series happening every Friday in April at 12:00 pm](#)

[Click here to access the recording from April 3, 2020](#)

[Click here to access the recording from April 10, 2020](#)

Financial Best Practices in Uncertain Times

[Click here to play the recording](#)

Financial Impacts of COVID-19

[Click here to play the recording](#)

How to Build Resilience and Adaptive Skills During the Pandemic

[Click here to play the recording](#)

Investor Education: Strategies During Volatile Markets

[Click here to register for the series happening every Friday in April at 12:00 pm](#)

[Click here to access the recording from April 3, 2020](#)

[Click here to access the recording from April 10, 2020](#)

Managing Anxiety and Worry During Uncertain Times

[Click here to play the recording and download the presentation](#)

Tip Sheets

- 7 Tips for Working from Home [English](#) | [Spanish](#)
- 10 Pandemic Coping Tips for Adults [English](#) | [Spanish](#)
- Addressing Healthcare Worker Anxiety about the Coronavirus (COVID-19) [English](#) | [Spanish](#)
- Coping with Isolation during COVID-19 [English](#) | [Spanish](#)
- Financial Resilience during the COVID-19 Pandemic [English](#) | [Spanish](#)
- How to Safeguard your Mental Health While Quarantined [English](#) | [Spanish](#)
- **Forthcoming**
- Maintain your Recovery during the Pandemic [English](#) | [Spanish](#) **Forthcoming**
- Preventing Compassion Fatigue [English](#) | [Spanish](#)
- School is Canceled. Now What? [English](#) | [Spanish](#)
- Tips for Managers: How to Help Staff Members in Distress during an Infectious Outbreak [English](#) | [Spanish](#)
- Tips for Members: How to Manage Anxiety and How you React to the Situation [English](#) | [Spanish](#)

You can also engage with our **Digital Cognitive Behavioral Therapy (DCBT)** apps, including FearFighter® for anxiety, panic and phobia, RESTORE for sleep difficulty and insomnia and MoodCalmer® for depression. To access the apps, click on the Home tab in the upper left corner to the homepage. Then, scroll down to the “Your Apps” section to get started.

For more information and tips, visit the Magellan Healthcare COVID-19 response page: www.MagellanHealthcare.com/COVID-19. Call 800-234-1327 (TTY 800-456-4006) 24 hours a day, 7 days a week for assistance.

Magellan Healthcare is here to provide you with compassionate and caring support and help you build your resilience so you can move forward with peace of mind.