

# One Source EAP Connections

Staying Connected In the New Reality

April 2020

The global pandemic is affecting everyone in one way or another. Whether you are an essential employee working with the public and trying to keep yourself and your family safe from exposure or an employee working from home and feeling isolated from your workplace and colleagues, we are all in this together.

One Source EAP stands ready to help you manage the stress and anxiety that comes with our current world. We've added services to our portfolio to help you work through your concerns confidentially, anytime, anywhere. If you are feeling overwhelmed and anxious, contact One Source EAP 24 x 7 x 365 at (800) 300-0628.

*The EAP Team*



Working from home can present its own challenges, whether your home is crowded or you're completely alone. Our new blog gives [Six Tips to Stay Productive While Working From Home](#):

1. Stick to a routine
2. Create a workspace
3. Stay on task with lists
4. Create boundaries
5. Stay connected
6. Take care of yourself

Read the full blog [here](#).

One Source EAP is here for you and now offering virtual services to keep you safe and healthy in these stressful times including:

- ◆ **Virtual EAP sessions with network providers**
- ◆ **\*Videoconference seminars**
- ◆ **Brief stress relief videos called the [Calm Collection](#), viewable on demand**

\*To schedule a virtual seminar, contact your HR partner who will schedule it with the One Source EAP team.

**One Source**  
Employee Assistance  
Program

**RWJBarnabas**  
HEALTH

To take advantage of your EAP benefit, contact **800.300.0628, 24/7, 365 days a year.**

Contact with the EAP is completely confidential!