

# 2021 CIGNA EAP WELLNESS WEBCASTS

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	SEMINAR	TOPIC
	<b>COPING WITH PANDEMIC FATIGUE</b>	Managing pandemic stressors doesn't necessarily get easier with time; it may even get harder. Explore ongoing emotional challenges and discuss strategies that may help.
	<b>KIDS, TEENS, AND CORONAVIRUS STRESS</b>	Like us, kids and teens are stressed in these unsettled times. How can we help? We'll share talking tips and strategies to help children feel more secure and resilient.
	<b>MANAGING ANXIETY: CORONAVIRUS FEARS &amp; CONCERNS</b>	The coronavirus outbreak can trigger natural fears and concerns. This can make day-to-day life more difficult. Get strategies to manage stressful thoughts and emotions.
	<b>MANAGING THE RETURN TO WORK</b>	Explore the factors that can make going back to work feel challenging, and gain strategies to smooth the transition for you and your family.
	<b>NAVIGATING BACK-TO-SCHOOL CHALLENGES</b>	Pandemic factors are increasing back-to-school stress. We'll review practical and emotional preparations and strategies for different learning scenarios.
	<b>RESILIENCE IN CHALLENGING TIMES</b>	It's easy to feel overwhelmed by ongoing changes and challenges. But you are stronger than you think. Gain tips for building your natural resilience.
	<b>MANAGERS - SUPPORTING EMPLOYEES: CORONAVIRUS FEARS &amp; CONCERNS</b>	We'll discuss what to expect, recommended responses, and communication strategies for managers. Learn how you can best support employees, your team, and yourself.
	<b>MANAGERS - SUPPORTING EMPLOYEES: RETURNING TO WORK</b>	Review recommended strategies for helping your team transition back into the workplace. Gain tips on how to provide support and stability in a time of uncertainty.



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