



COVID-19 Tips

The global COVID-19 pandemic is disrupting the lives of people in many different ways. The mental health and well-being of people continues to be impacted as people try to cope with the realities of the situation.

Click below headings to access additional tips and resources to help support you and your family during these challenging times.

[Keeping steady in uncertain times: Your Capital Accumulation Plan and the COVID-19 pandemic](#)

We know many Canadians are concerned about the impact of the COVID-19 pandemic on their retirement savings. During this time, it is important to consider the big picture before making any sudden decisions about your investments and savings plans.

[Coping with loneliness during self-isolation](#)

If you are self-isolating, you are not alone. Thousands of people are taking this important measure. Here are ways you can combat loneliness while following self-isolation rules.

[How to be active and stay fit at home](#)

You do not need to leave the house to stay fit. There are things you can do to stay healthy and incorporate fitness into your home life. Here are some ideas to get you started.

[Managing concerns and anxieties about infectious diseases at work](#)

Best practices on how to communicate and manage employee concerns, related to infectious disease.

[Talking to your child about COVID-19 \(Webinar\)](#)

Learn to recognize, support and address anxiety your child may be experiencing.

Your Member Assistance Program (MAP) provides members and their family with access to a wide variety of services including counselling services, nutrition information and stress management. Relationship and family issues, such as divorce and separation

Contact Shepell your MAP provider confidentially 24 hours a day, 7 days a week at

1-800-387-4765 or visit workhealthlife.com