



# COVID-19 Tips

Hello,

From home schooling to feelings of isolation due to physical distancing, caring for your friends, family, and loved ones during the COVID-19 outbreak may seem like a challenge, especially if you are a front line and essential worker.

Here are some tips and resources to help support the mental health and well-being of you and your people.

**[New articles added to our COVID-19 Toolkit for individuals:](#)**

**[What you can do to help your community during the COVID-19 outbreak](#)**

There are many ways you can get involved and give your time to causes that can benefit others during the outbreak. Volunteering, checking-in on others, using a special skill are some of the ways to persevere as we weather the pandemic together.

**[Supporting health care workers who are fighting the COVID-19 pandemic](#)**

As the COVID-19 pandemic continues, it's imperative that we all recognize and understand the pressure that the health care systems and more so those who work in health care are under. It is vital that we show them support and appreciation, and help lessen the load for them in as many ways as we can.

**[Staying safe as an essential worker](#)**

Essential workers risk exposure to COVID-19 every time they go to work, and risk exposing their family and loved ones every time they return home. These are genuine concern, and can add to the stress and anxiety that essential workers feel as they help get us through the pandemic. As an essential worker it is important you stay safe.

### **Guidelines to help essential and front-line workers de-escalate anger at work**

As a worker in an essential business such as a grocery store, pharmacy, or bank, the work you're doing during the COVID-19 pandemic is critical to keeping people both healthy and safe. Now more than ever you may have to deal with difficult, frustrated, angry, or frightened customers. This article will help you safely manage difficult, uncomfortable situations involving anger at work while you continue to provide a vital service.