

Because We healthCARE

*City of Newport News Department of Human Resources
Benefits Division*



Volume 6

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Optima Health's Support

Greetings Employees,

Outbreaks can be stressful. Can you think of the last time you were in a global pandemic? NEVER! Everyone reacts differently to stressful situations, so if you have to interact with others, try to meet them where they are and respect their feelings.

Below are a few resources to help fuel not only your emotional well-being, but that of your family's as well: *(Each item below is hyperlinked to a relevant online resource)*

- Overcoming Obstacles - The Curriculum: *Life skills curriculum for students in grades K-12 that includes strategies for teaching social and emotional skills*

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- **NCPI-Emergencies and Natural Disasters: Helping Children and Families Cope:** Includes a social story and other great resources to support families with young children cope with stressful emergency or disaster situations
- **Child Mind Institute - Supporting Kids During the Coronavirus Crisis:** Includes tips from clinicians to help calm fears, manage stress and keep the peace
- **The Autism Educator - Coronavirus Social Story (printable):** A social story to help explain the Coronavirus to young audiences
- **New York Time Parenting:** How to talk to kids about Coronavirus
- **Bright Horizons:** Talking to Children About COVID-19
- **PBS:** How to Talk to Your Kids about Coronavirus
- **National Association of School Psychologists:** Talking to Children About COVID-19 (Coronavirus): A Parent Resource
- **Dr. Shu-Chen Jenny Yen, California State University, Fullerton:** Something Strange Happened in My City: A COVID-19 Social Story for Young Children

Optima EAP Offerings

Take care of yourself and your community. Optima EAP is offering more live, web-based mindfulness sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved well-being. The sessions are open on a first come/first serve basis. Check your city emails or reach out to the Wellness Coordinator for more information. You can also visit the [OptimaEAP.com](https://www.optimaEAP.com) for more online support resources. The username can be found in your Munis Employee Self Service.



**We are all in
this together!**