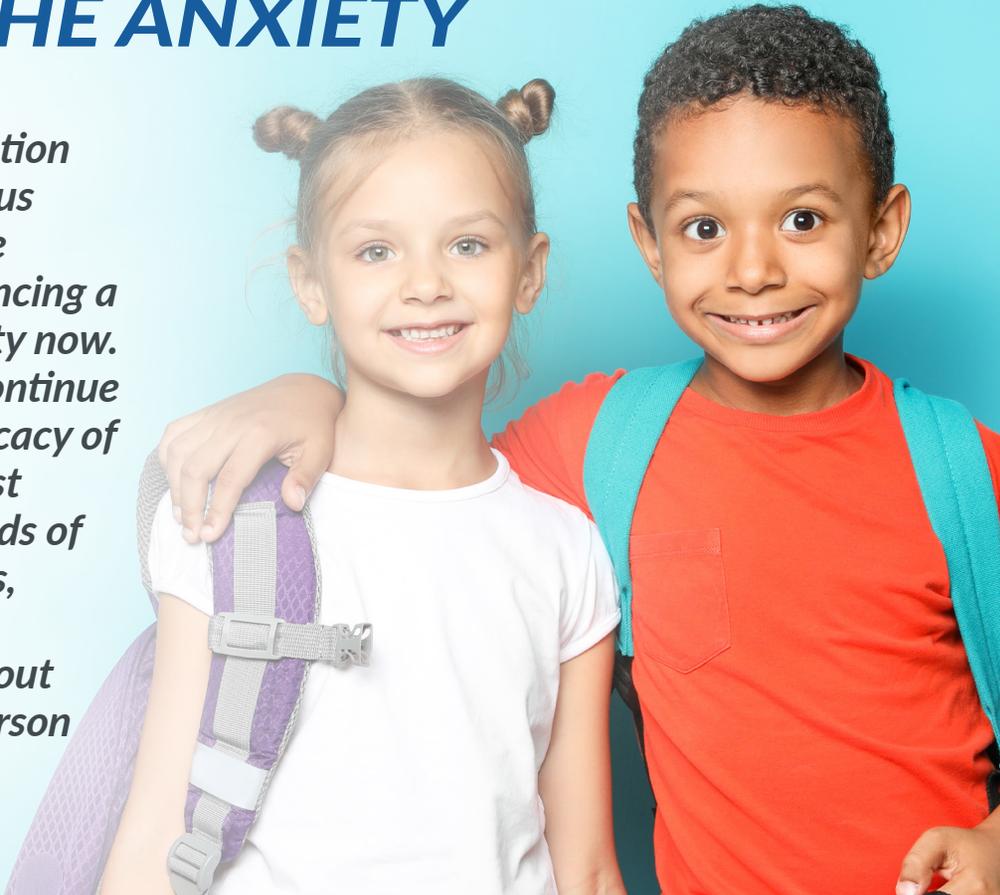


## BACK TO IN-PERSON LEARNING. HOW TO HELP EASE THE ANXIETY

*COVID vaccination options and virus mutations have people experiencing a different anxiety now. As questions continue around the efficacy of vaccines against emerging strands of the coronavirus, discussions are intensifying about resuming in-person activities.*



Schools across the country are juggling virtual, in-person, and hybrid learning options for 2021 as vaccination eligibility varies across their staff and families. Parents - who are working remotely, homeschooling children, and managing their families - are more stressed than ever as they now have to weigh whether or not they want their children to return to in-person learning.

Here are some tips to help manage anxiety as schools reopen.

“

Each day comes bearing its own gifts. Untie the ribbon.

- Ruth Ann Schabacker

Quotes sourced from *Self By Design*

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### March's Book Recommendation

**Grasp: The Science  
Transforming How We Learn**

by Sanjay Sarma

A groundbreaking look at the science of learning: how it works both in the mind and in the classroom, which teaching techniques are most effective, and how schools should (and absolutely should not) use instructional technology. This is an essential resource for teachers, anyone interested in cutting-edge research into learning, and parents considering the educational alternatives available to their children.

### 1. Control what you can and adapt to what you can't control.

Practice accepting what you can control and remaining flexible for what you can't. Take a rational approach to seemingly dire situations and talk yourself out of disastrous thinking.

### 2. Safely maintain social connections.

Stay in touch with the people you enjoy and who offer support. While face-to-face interactions are still limited, schedule weekly video calls and other socially distant ways to stay connected.

### 3. Do what makes you feel comfortable.

If you're not comfortable going out without a mask or being around large groups, have that conversation and set those boundaries. Open the door for dialogue as you establish your own social norms.

### 4. Take as many breaks as you need.

When the feelings of overwhelm and irritability try to take over, stop, step back, take some deep breaths, and identify the true source of your overwhelm.

### 5. It's ok to seek help.

Do not hesitate to ask for help. The pandemic has many people juggling tasks they never would have taken on. Combine that with the uncertainty of a global virus and its social and economic impacts, and we have people who need help to navigate and cope with it all.

As parents carry the weight of their stress, they are also dealing with the impact of the uncertainty on their children. Kids may experience anxiety as changes in behavior, difficulties sleeping, and physical complaints like head or stomach aches.

By providing age-appropriate information, reminding them that precautionary measures are meant to keep everyone safe, and letting them know that they can go to their parents or other trusted adults with their questions or concerns are ways to help put your children at ease.

Access to short-term counseling sessions, for both parents and adults, is a great way to learn effective coping strategies and stress management tactics as the pandemic continues. An Employee Assistance Program (EAP) is an employer-paid benefit that provides access to short-term counseling for employees, and in many cases, their dependents. **eni's NexGenEAP** provides short-term counseling sessions and combines them with additional work-life services that address the total wellbeing of employees and their dependents.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGenEAP Mobile App**



Integrated into our **NexGenEAP** mobile app, **Self By Design** is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.