

Encouraging Employee Wellness During COVID-19 Pandemic



Employees are coping with a lot right now



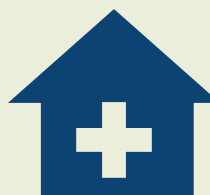
Financial instability



Isolation



Balancing home & work stressors



Fear of getting or giving COVID-19 & coping with loss



Overall uncertainty

And while searching for ways to cope, it can be easy to make decisions that put their physical and emotional health at risk

56%

of Americans report having at least one negative mental health effect from COVID-19-related worry or stress¹

55%

increase in sales of alcoholic beverages over the same time last year²

Up to 75,000

individuals are projected to die from substance misuse and suicide because of the COVID-19 pandemic³

Employers ... you can help



Remind employees about helping resources available to them (e.g., EAP and wellness benefits)

Encourage employees in recovery to be upfront and honest if they feel their recovery is in danger



Share information to help employees cope with daily life during these times (e.g., [cdc.gov/coronavirus/2019-ncov/daily-life-coping](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping)).

Share low-risk drinking guidelines (e.g., [rethinkingdrinking.niaaa.nih.gov](https://www.rethinkingdrinking.niaaa.nih.gov)) to help employees make healthy choices if they decide to consume alcohol



Maintain your drug-free workplace program -- including education, testing and referring to assistance -- to provide employees consistency and support



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