

## COVID-19 Webinar Series

### Overview

The COVID-19 pandemic presents a range of challenges and stressors in our personal and professional lives. ComPsych's trainers have designed a series of webinars to offer guidance and best practices to help you navigate the unique situations that many people will encounter over the coming weeks.

### Webinar Logistics

This series includes 5 training titles, each of which will be delivered as a live, interactive session 3 times to accommodate people across the globe in various time zones. The specific cities representing various time zones you see listed below are just examples – feel free to attend whatever time works best for you, regardless of your actual location. Once you register, the system will convert the time to your own location, and allow you to add it to your calendar.

### Important Information About Capacity Limits and Recordings

The live dates have capacity limitations, and it is likely that some of these webinars will exceed capacity. If that happens, some people will receive a message informing them that the session is full when they try to join. Although the webinar itself has capacity limitations, we are not limiting the number of people who can register. By allowing everyone to register, we are able to gather email addresses and send all registrants a recording of the session within 24 hours of the live webinar. Rest assured, if you are unable to get in to the live session, you will receive an email with access to the recording.

## Titles, Schedules, Descriptions, and Registration Links:

### Why Can't I Stop Eating? How Emotions Impact Our Eating During the COVID-19 Pandemic

Date/ Time	Registration Link
<b>Tuesday, March 31<sup>st</sup> 8pm US Central time Chicago</b> (Wed April 1 <sup>st</sup> 9am in Shanghai, Hong Kong, Singapore)	<a href="https://attendee.gotowebinar.com/register/7310056184047236363">https://attendee.gotowebinar.com/register/7310056184047236363</a>
<b>Wednesday, April 1st 7am US Central time Chicago</b> (1pm London, 2pm Paris-Madrid-Milan, 8pm Singapore)	<a href="https://attendee.gotowebinar.com/register/2629810118069905931">https://attendee.gotowebinar.com/register/2629810118069905931</a>
<b>Wed Apr 1 at 2pm US Central time Chicago</b> (8pm London, 9pm Paris-Madrid-Milan)	<a href="https://attendee.gotowebinar.com/register/8824027620401817099">https://attendee.gotowebinar.com/register/8824027620401817099</a>

**Description:** People are impacted by the news of the Coronavirus differently, but we know emotions can be heightened and uncertain. Add to this, a large majority of people working from home just mere steps away from the refrigerator and pantry, and we have a recipe for emotional eating. Salty chips, fat-laden pizza, and sugary desserts taste good and can feel like a coping strategy in the moment, but can leave feelings of shame, anger, and defeat. This

Contact us anytime for confidential assistance. <sup>1</sup>

webinar won't be giving dieting advice with calorie recommendations but instead will focus on the relationship between emotions and food consumption, strategies for recognizing emotional eating, as well as strategies for retraining your body and mind to eat for physiological and not emotional reasons.

### Managing Worry & Anxiety During The COVID-19 Pandemic

Date/ Time	Registration Link
<b>Wednesday, April 1st at 8pm US Central time Chicago</b> (Wed April 1 <sup>st</sup> 9am in Shanghai, Hong Kong, Singapore)	<a href="https://attendee.gotowebinar.com/register/5849777199011950859">https://attendee.gotowebinar.com/register/5849777199011950859</a>
<b>Thurs Apr 2nd at 7am US Central time Chicago</b> (1pm London, 2pm Paris-Madrid-Milan, 8pm Singapore)	<a href="https://attendee.gotowebinar.com/register/6019279011061535755">https://attendee.gotowebinar.com/register/6019279011061535755</a>
<b>Thurs Apr 2 at 2pm US Central time Chicago</b> (8pm London, 9pm Paris-Madrid-Milan)	<a href="https://attendee.gotowebinar.com/register/7860827946679380747">https://attendee.gotowebinar.com/register/7860827946679380747</a>

**Description:** The COVID-19 Pandemic has generated severe disruption, fear and even panic around the world. People are worried about catching the virus and passing it on, worried about loved ones becoming infected, worried about the financial impact of the shutdown on the economy and one's livelihood and worries about whether food supplies will run out. While worry can alert us to actions we need to take to remain safe and secure, worry can also lead to anxiety, panic and impulsivity. This course will address how to distinguish helpful worry from unhelpful, anxiety provoking worry, and identify ways to manage the experience of anxiety.

### Tools To Handle Covid-19-Related Stress

Date/ Time	Registration Link
<b>Thursday, April 2nd at 8pm US Central time Chicago</b> (Wed April 1 <sup>st</sup> 9am in Shanghai, Hong Kong, Singapore)	<a href="https://attendee.gotowebinar.com/register/1720001629480681227">https://attendee.gotowebinar.com/register/1720001629480681227</a>
<b>Fri Apr 3rd at 7am US Central time Chicago</b> (1pm London, 2pm Paris-Madrid-Milan, 8pm Singapore)	<a href="https://attendee.gotowebinar.com/register/7355869535041889291">https://attendee.gotowebinar.com/register/7355869535041889291</a>
<b>Fri Apr 3rd at 2pm US Central time Chicago</b> (8pm London, 9pm Paris-Madrid-Milan)	<a href="https://attendee.gotowebinar.com/register/9089617952626063883">https://attendee.gotowebinar.com/register/9089617952626063883</a>

**Description:** This workshop focuses on specific activities to reduce stress caused by COVID-19. Participants will review proven stress-reducing techniques to such as: being accountable and recognizing the choices we can make, engaging in activities that encourage us such as hobbies, remembering past successes and how we have survived previous

stressful situations, and taking breaks where we step away from a stressor for a moment of personal renewal. All of these techniques can help us to de-stress, and then do what we need to do in a more effective way.

### Self-Isolating Together: How to Get Along With Your Partner and Kids During The Pandemic

Date/ Time	Registration Link
<b>Monday April 6th at 8pm US Central time Chicago</b> (Wed April 1 <sup>st</sup> 9am in Shanghai, Hong Kong, Singapore)	<a href="https://attendee.gotowebinar.com/register/7460106535889954059">https://attendee.gotowebinar.com/register/7460106535889954059</a>
<b>Tues Apr 7th at 7am US Central time Chicago</b> (1pm London, 2pm Paris-Madrid-Milan, 8pm Singapore)	<a href="https://attendee.gotowebinar.com/register/3180346585213731339">https://attendee.gotowebinar.com/register/3180346585213731339</a>
<b>Tues Apr 7th at 2pm US Central time Chicago</b> (8pm London, 9pm Paris-Madrid-Milan)	<a href="https://attendee.gotowebinar.com/register/3891838360524330507">https://attendee.gotowebinar.com/register/3891838360524330507</a>

**Description:** The COVID-19 pandemic has led to many changes in our everyday lives. We’re now spending more time than ever with the people we love. While there are many benefits to this added family time there are certainly struggles as well. Juggling multiple schedules, emotions and needs - all in one space - can be challenging. This session will help you navigate your relationship with your partner/spouse and kids while supporting your own wellbeing.

### Being An Effective Manager During The COVID-19 Pandemic

Date/ Time	Registration Link
<b>Thursday, April 9th at 8pm US Central time Chicago</b> (Wed April 1 <sup>st</sup> 9am in Shanghai, Hong Kong, Singapore)	<a href="https://attendee.gotowebinar.com/register/1835434957234423819">https://attendee.gotowebinar.com/register/1835434957234423819</a>
<b>Fri Apr 10th at 7am US Central time Chicago</b> (1pm London, 2pm Paris-Madrid-Milan, 8pm Singapore)	<a href="https://attendee.gotowebinar.com/register/7232610983033390859">https://attendee.gotowebinar.com/register/7232610983033390859</a>
<b>Fri Apr 10th at 2pm US Central time Chicago</b> (8pm London, 9pm Paris-Madrid-Milan)	<a href="https://attendee.gotowebinar.com/register/7936860275251832843">https://attendee.gotowebinar.com/register/7936860275251832843</a>

**Description:** The way we manage our departments and staff, as well as our personal lives, during this time of the coronavirus pandemic is new to everyone. One could say we are all in this together and to an extent that is true. However, we are also all individuals so we will all face the crisis differently. One thing we have in common as managers though is that we are still responsible for the productivity of our departments and staff. In this session we’ll give you some suggestions and tips to help you in your job as a manager.