



Coronavirus COVID-19
HERE TO HELP



Managing Anxiety

As we continue to await more information about what our 'new normal' will look like both at work and at home, it can be difficult to manage our fear and anxiety about the unknown.

So many things are out of our control right now as we continue to adapt to new guidelines being implemented and you may find you need more support.

This article on Managing Anxiety provides additional resources that may be helpful to you and your family.

(See attached file: Managing Anxiety.docx)

**Health Advocate offers a FREE nurse line!
For non-urgent health issues please call 877 240 6863.
This nurse line is available 24 hours a day, 7 days a week.**

Finding Balance

Many are finding that their homes are now being used as offices and classrooms. With blurring lines of work/school/home space, it can be challenging to find balance.

This website offers another FREE resource to help provide information to alleviate added stress, including information about nutrition!

<https://healthylife.com/wfh/>



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Art in the Making!

A documentary of Shofuso on view at the Museum of Modern Art in New York. This film features the installation of the house, and explains its key features. Much of the information will probably be familiar, but the opportunity to see Shofuso presented at MoMA is a real treat.

<https://www.youtube.com/watch?v=cq1YbjWzD78>

Celebrating - just in a new way!

As we look for new ways to celebrate with friends and family, Holt Logistics is doing the same! Celebrations continue, they may just look a little different than before!

[Download Attachment](#)
[Available until Jun 20, 2020](#)

401K PARTICIPANT SERVICES CENTER- 1 844 749 9981
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112

Maintaining your Health during a Pandemic

Despite the current focus on COVID-19, people are still experiencing other serious health issues like heart problems, strokes, complications from chronic conditions like diabetes, and more.

Maintaining your health is a top priority right now.

Refer to this guidance for helpful strategies to continue taking care of yourself and your loved ones during this pandemic and beyond.

<http://www.healthadvocate.com/site/non-covid-conditions>