

Coping with the Uncertainty of COVID-19?

May 14, 2020



Beacon Health manages the Life Resources EAP Program for FirstEnergy that offers many free tools and resources to help you and members of your household find solutions to issues that may be affecting you at home or work.

Through Sept. 30, Beacon Health Options is providing access to a new Life Resources EAP component called **MyStrength** – a unique, online emotional health program.

MyStrength has an extensive library of articles, videos and eLearning programs designed to help with navigating COVID-19 challenges. Explore a variety of topics to help you and your household members address the heightened sense of stress, feelings of isolation and parental challenges that have become more common during COVID-19, including:

- Keeping Your Relationship Strong During COVID-19
- Staying Connected
- Helping Kids Manage Stress
- Changing Plans and Handling Disappointment
- Tackling Boredom

Register today (registration must be completed by Aug. 31)

- Download the myStrength app and register with the access code – beaconcovidsupport
- Register on the [website](#)