

Webinar – Gaining Resiliency

Jan 25, 2021



Many employees and their families may be feeling overwhelmed having navigated the challenges throughout 2020, many of which are continuing into 2021. An upcoming webinar presented by our Employee Assistance Program (EAP) provider, Beacon Health, will describe ways you can gain resiliency during turbulent times.

Everyone encounters stressful situations, but what has unfolded this past year is new for all of us. In addition to stressors within our personal lives, we are faced with the COVID-19 pandemic, racial inequality and social unrest, politics, as well as internal challenges at FirstEnergy. Separately, these are significant events – but together they can be even more overwhelming and can lead to anxiety and stress, as well as loneliness, sadness and in some cases, depression.

The Gaining Resiliency webinar is designed to provide you with information on building resiliency as well as recognizing signs of stress and symptoms of depression in ourselves and those around us. You'll learn about suicide prevention and how you can take action, if needed. It is important to recognize that you are NOT alone, and that resources and help are available to you 24 hours a day, seven days a week.

Wednesday, Jan. 27, at 1 p.m.

[Click here to join the Gaining Resiliency webinar](#)

The session will be limited to 3,000 participants. Click [here](#) for assistance with connecting to the webinar. A recording of the session will be available the following week after the webinar on the [Life Resources EAP website](#).



Earn a \$25 HealthyLiving reward by participating in this webinar. Simply log an Emotional Wellness activity in your HealthyLiving account on the Virgin Pulse app or [HealthyLiving website](#). Log in > Home > Rewards > Participate in an Emotional Wellness activity.

Employees who are feeling overwhelmed, anxious or having difficulty coping are encouraged to access the Life Resources Employee Assistance Program, or EAP. Free for all employees and household members, the EAP offers counseling, webinars, a variety of articles and a COVID-19 resource page, as well as information on dealing with stress, marital or family conflicts, caregiving, elder and childcare concerns, legal and financial issues and much more.

For EAP support, call 888-745-0714 or visit the [Life Resources EAP website](#) for articles and information.