

# PREPARING FOR RE-ENTRY FROM COVID-19 MANAGING FEAR AND ANXIETY

JUNE 22

10 A.M. -11 A.M. PST

No Registration

[Click here to watch the live broadcast](#)

## In this session:

- Discuss common concerns, fears and anxieties about re-entry
- Learn how to empathize with others who might not share your views
- Choose practical strategies like self-talk, self-care, mindfulness, breathing exercises and soothing techniques
- Target how to help others, especially children and older adults
- Understand how and when LifeMatters EAP can help

Questions? Email:  
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