



Coping with coronavirus fears

It can be stressful to read about coronavirus in the news. You might be wondering what you can do to protect yourself and the people you care about. You can stay updated with the latest news on the [Centers For Disease Control and Prevention \(CDC\) website](#). We've also put together a [list of resources](#).

[This recorded webinar](#) can help you understand some of the reasons new threats such as coronavirus can be so scary. And you'll learn some tips that can help you keep your calm.

[Read more](#) about coping with coronavirus fears. And remember, you can call us 24/7 for help coping with any unknowns in your life, including fears around coronavirus.

[Listen to this recorded webinar or read the transcript for tips to help lower your stress in the face of the unknown.](#)

[Learn more about coping with coronavirus fears.](#)

This e-mail was brought to you by Resources For Living.

©2020 Resources For Living

44.37.192.1-RFL (3/20)