



FIRST SUN
EAP

Creative
Wellbeing in
the Time of
COVID-19

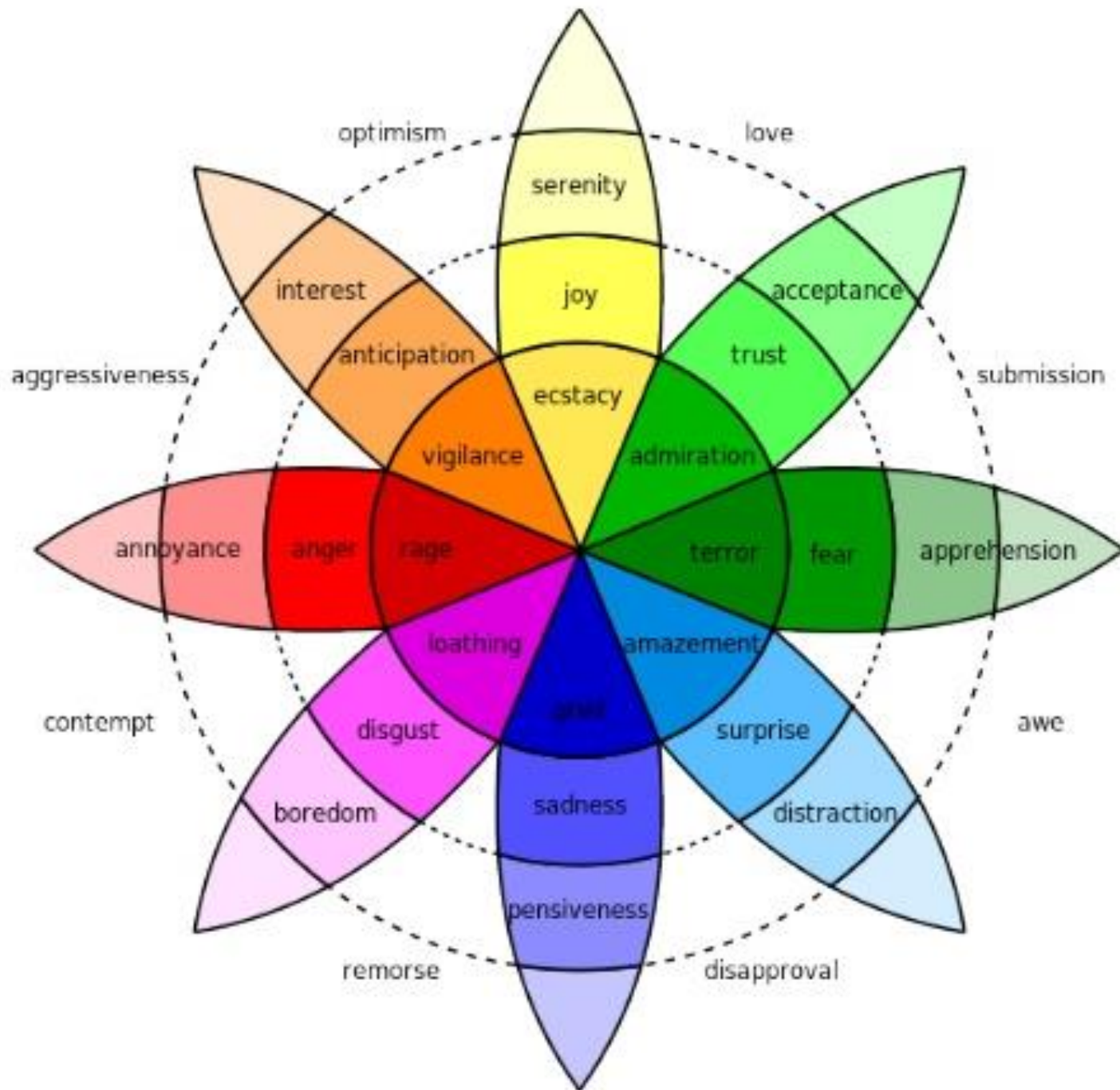
WELCOME

WELLBEING

A continuous process toward thriving across all life dimensions with six key components:

- Emotional
- Occupational
- Intellectual
- Spiritual
- Physical
- Social



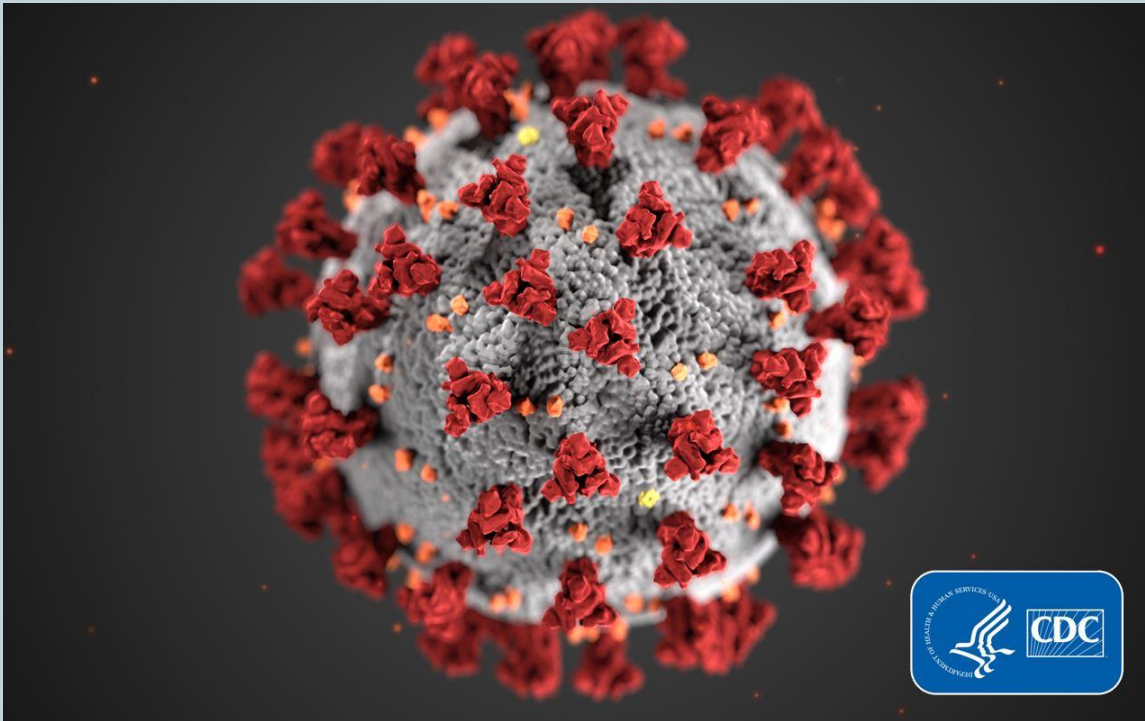


Emotions and Crisis

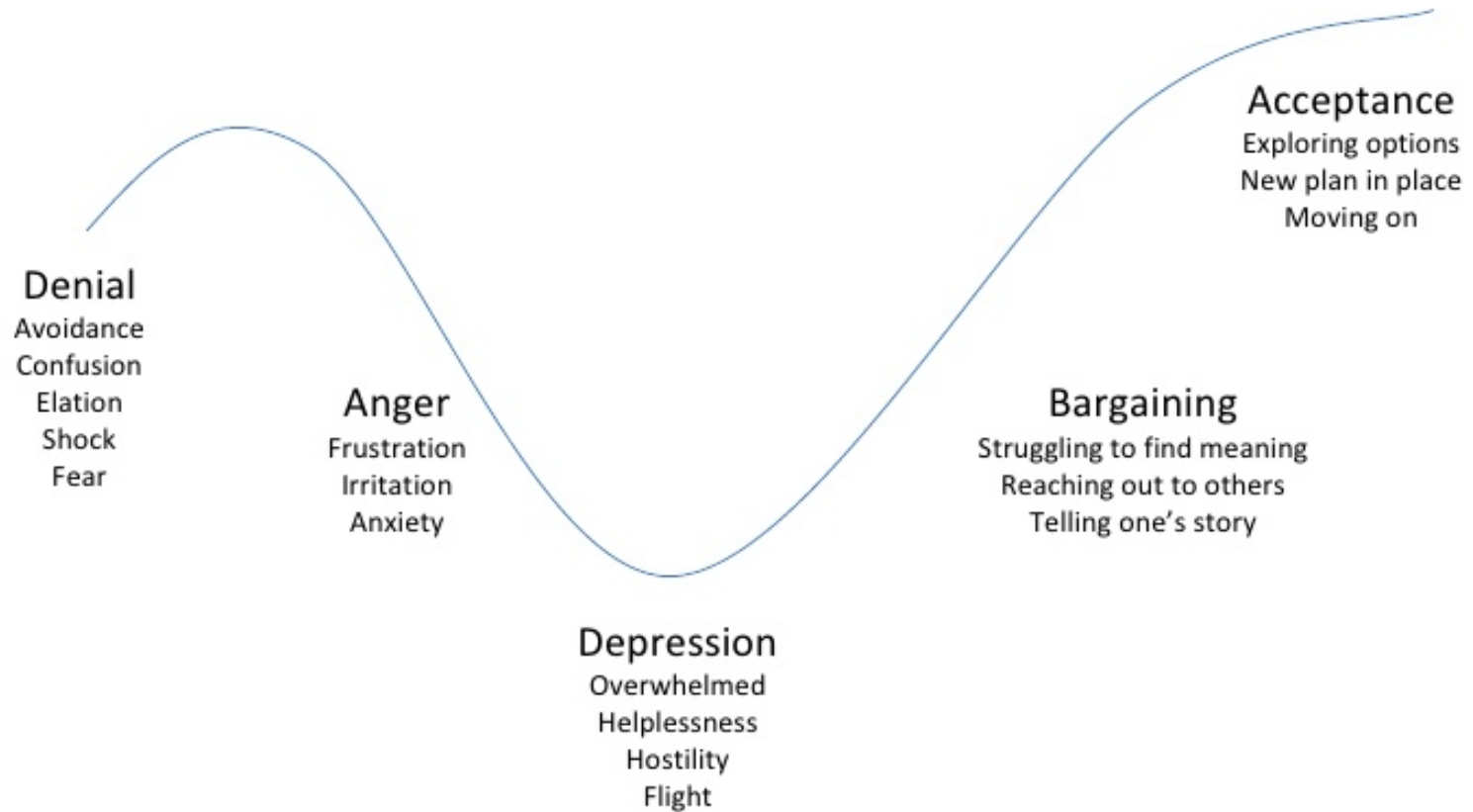
- Name an emotion you are feeling
- What does that emotion feel like in your body?
- What do you think that feeling is saying to you?



Emotions and Crisis



Kübler-Ross Grief Cycle



Information and
Communication

Emotional Support

Guidance and
Direction

Loss and Grief

- Name it
- Share it
 - Today I am feeling the loss of ...
 - Today I will share this loss with ...
 - What I am feeling is...
 - What I need is

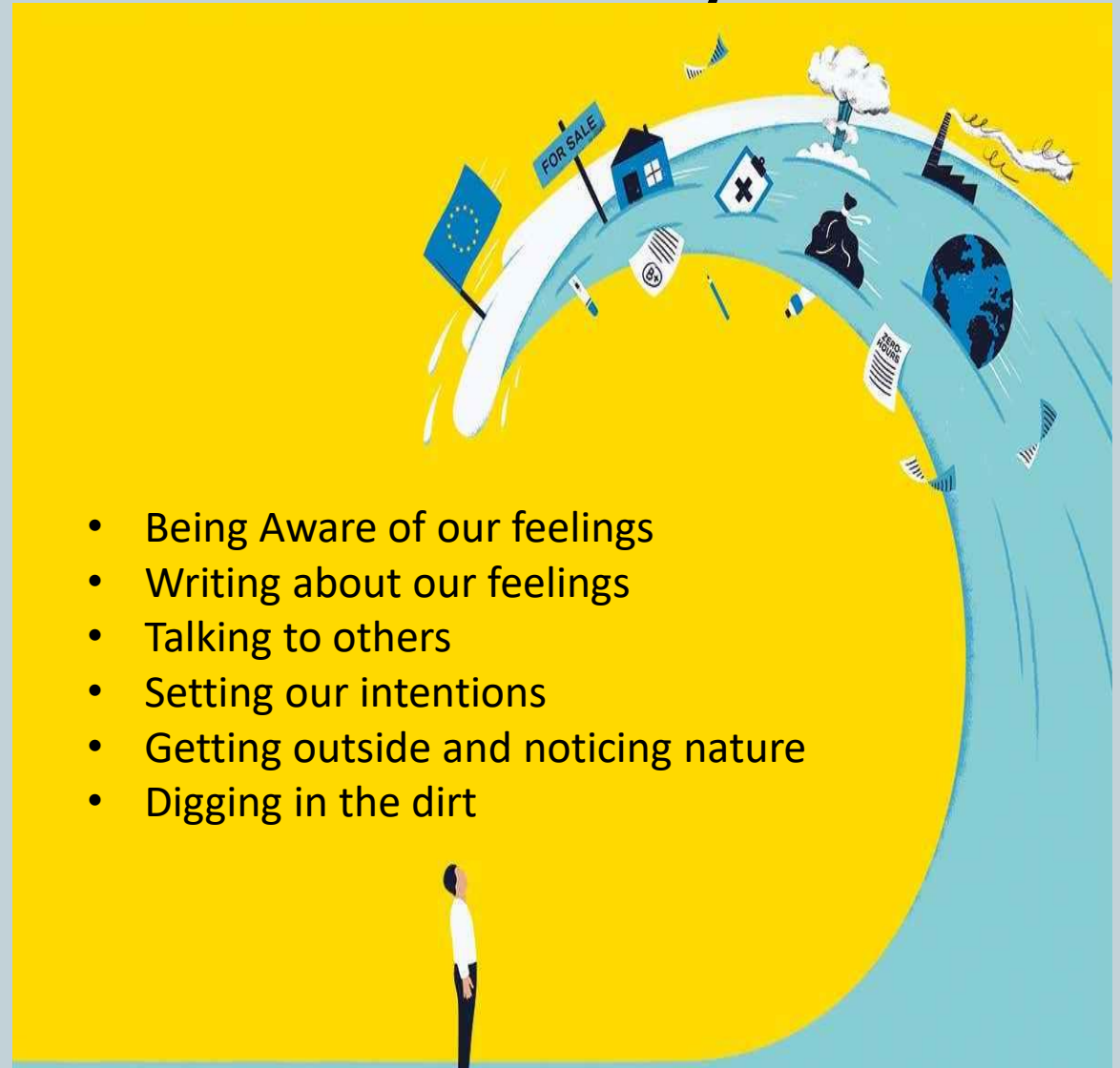




Coping and Thriving

- Finding Purpose
- Finding Meaning
- Emotional Self Care

Mindfulness in Times of Uncertainty



- Being Aware of our feelings
- Writing about our feelings
- Talking to others
- Setting our intentions
- Getting outside and noticing nature
- Digging in the dirt

A scenic forest path with a wooden boardwalk and a waterfall. The path is made of wooden planks and leads through a lush green forest. A waterfall is visible on the left side of the path. The sun is shining through the trees, creating a warm, golden light. The text "Mindfulness Experience" is overlaid on the image in a dark blue font.

Mindfulness Experience

Resources

- [First Sun EAP](#)
- [Thrive Global](#)
- [VIA Character Institute](#)
- [Authentic Happiness](#)
- [Good Life Project](#)
- [Greater Good Science Center](#)



Resources

- [Ten Wellbeing Tips for the Days of COVID-19](#)
- [That Discomfort You're Feeling is Grief](#)
- [Coping with Fear, Fatigue and Panic During a Crisis](#)
- [Living with Worry and Anxiety amidst Global Uncertainty](#)
- [Sounds True- Resilience in Challenging Times](#)
- [Greater Good's Guide to Wellbeing During Coronavirus](#)
- [The Emotion Wheel: What is it and How to Use it](#)
- [Six Ways to Set Clear Intentions and Reduce Stress](#)
- [How Stressed are You \(Quiz\)](#)





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Thank You