

Managing Stress and Anxiety During Difficult Times



Everyone reacts differently during difficult times and in stressful situations. And in this trying time, as COVID-19 runs rampant across the globe, an increased sense of anxiety and stress levels is bound to happen, even in people who might not normally experience symptoms or issues.

So what resources are available to help employees navigate through this interesting time?

1. Sonoco's Employee Assistance Program

The EAP is a resource all employees at Sonoco have access to, just by being a member of our team. It's managed by an external company by the name of 'Guidance Resources' and you can call at any time for confidential assistance. The program offers confidential counseling, financial information, and resources, legal support and resources, work-life solutions and nurses on call! To connect with them immediately by phone, call 1-855-380-5534 or connect online at www.guidanceresources.com (Web ID is Sonoco123).

2. Online resources and information

If you're someone who likes to research online and understand more about coping mechanisms or what to do if you're experiencing symptoms, there a lot of other free informative articles and resources available through reputable sources. Check out these links from the Centers for Diseases Control, Johns Hopkins Medical Center and the US Department of Veterans Affairs.

- [Centers for Disease Control](#)
- [John's Hopkins Medical Center](#)
- [U.S. Dept. Of Veteran Affairs](#)

3. United Healthcare (Talkspace) – (U.S. only)

If you're covered by Sonoco medical insurance via UnitedHealthcare in the U.S., then you can also leverage their partnership with Talkspace. With their online therapy program, you can regularly communicate with a therapist, safely and securely from your phone or desktop 24/7. Simply visit and register (first-time only) at www.talkspace.com/connect