

The Coronavirus outbreak (COVID-19) has many feeling uncertain and unable to cope. Below are three zones (FEAR, LEARNING and GROWTH) and actions associated with the zones. *It's time for a temperature check.*

How are you feeling? Which ZONE are you in? Do you find yourself doing the actions noted across multiple ZONES at the same time? Are you stuck in the FEAR ZONE and need help moving forward?

Best Care EAP counselors are available through the **COVID COUNSELING HELP LINE 800.801.4182. If you need help, call Best Care EAP TODAY!**

