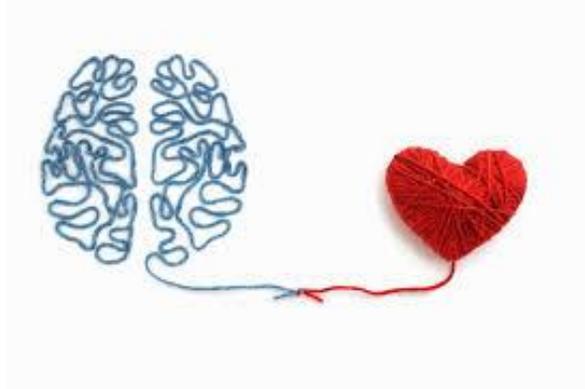


# Mental Health & Stress Management



Refer to the [Trilogy Specific Resources](#) section for information regarding Magellan Trilogy's EAP resource. Magellan provides access to a variety of tools and resources to conquer mental and emotional anguish.

While the pandemic may be causing you and your loved one's feelings of anxiety and apprehension, now is a good time to look for reasons to be happy. Click [HERE](#) for tips to nurture yourself, improve your mood and help others.

Humans are social beings, and the social distancing that is necessary to flatten the coronavirus curve is hard on everyone. The forced change in social behavior and the resulting isolation can affect people's mental health in many ways. Whether you are home alone, with a sick family member or with kids out of school, isolation can increase stress and anxiety. Click [HERE](#) for tips to cope with isolation during COVID-19.

During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective. Click [HERE](#) for a guide from The World Health Organization on Mental Health and Psychosocial Considerations During COVID-19 Outbreak.

The National Alliance on Mental Illness (NAMI) has created a toolkit for COVID-19 help and resources. This toolkit provides guidance and support with resources such as online support communities, building an emotional support system, and more. Click [HERE](#) to access the NAMI toolkit.

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Everyone reacts differently to stressful situations. Click [HERE](#) to access the CDC's Tips on Managing Stress during COVID-19.

Whil is a resource accessible through our wellness vendor Virgin Pulse. Whil provides 5 minute daily sessions as well as over 250 mini courses to guide you through all different areas of mental health. Some areas of need include anxiety, insomnia, loneliness and more! Click [HERE](#) to access the Whil guide for managing stress and wellbeing in the current COVID-19 arena.