



# HR TALK

*A Newsletter from Human Resources*



We appreciate all that you are doing during these trying times. Remember to take care of yourself. Here are some tips to help you as you help others.

Dr. Robert Harney - Assistant Superintendent, Debbie Brilla - HR Specialist, Joanne Crosby - HR Secretary

## EMPLOYEE ASSISTANCE PROGRAM

If you are feeling stressed or anxious, contact our Employee Assistance Program for support. Visit the website at

[HealthAdvocate.com/members](https://www.healthadvocate.com/members) or call 866-799-2728 for more information concerning:

- Health
- Finance
- Well-being
- EAP+Work/Life



## HEALTH ADVOCACY

For tips about health and wellness during remote work, visit the [Health and Wellness Blog](#) to learn about the following topics:

- How to stay active while working remotely
- Tips to reduce worry during the COVID-19 pandemic
- Combatting the side effects of social isolation

## ACHIEVE WORK/LIFE BALANCE

[Click here](#) to learn how to create physical boundaries to separate work and personal life to stay organized and reduce stress during this difficult time.

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