

From: [Rebecca Garner](#)
Subject: Employee Self Care Awareness
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Attachments: [Employee Self Care Awareness.pdf](#)
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[image002.png](#)
[image003.png](#)
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Importance: High

Dear City Employees,

These past few weeks have been challenging and are compounded by daily developments related to the Coronavirus pandemic. Workwise, assignments are being reprioritized or changed, and all of us are tasked with looking at different ways to complete work in accordance with social distancing, which is a new concept for the workplace. But somehow we are all rising to the occasion. Personally, some of us are challenged with caring for aging parents and underage children, and most of us have seen first-hand the difficulty of securing essential items for the home from both large and small retailers in such a time as this.

Bottomline, despite these challenges, it's okay to feel uncertain or anxious during critical times like these. And while you have made many sacrifices to fulfill the needs of others, it is important that you learn or practice self-care in the days to come. No doubt, the work you do is important to the City. But you are equally important to the City as well, and it is important that you take good care of yourself. How? Get to know the Benefits that you have access to as a City employee. If you have a chronic condition or are pregnant, for example, sign up for Anthem's Condition Care or Future Moms programs – they are free. We have other programs as well – check out the [Benefits Overview booklet](#).

For times that you feel anxious, stressed, or uncertain about what is going in the world, in your world, remember the City has a suite of services with you in mind:

- [MHN](#) is a 100% confidential Employee Assistance Program that offers up to six (6) free counseling sessions for each concern you specify, and additional sessions are available if the concern impacts other areas of your life (i.e., children, relationships, etc.). In addition, MHN offers services to help with work/life balance, including resources for childcare options, eldercare options, apartment listings, legal consultations, etc. Use code LBBeWell.
- **Anthem Blue Cross** offers [Live Health Online](#) for medical, psychiatry, or psychology. Medical services are available 24/7 and appointments can be made to connect with a Psychiatrist or Psychologist via two-way video technology. Download the app today! Co-pays are currently being waived until June 14, 2020.
- Lastly, text [“HELLO” to 741741](#) if you are in a situation where you cannot connect to the services above for help, but still need to connect with a licensed counselor.

Continue to prevail through these times of uncertainty. Remember, you owe it to YOU to take care of yourself.

Take care and stay healthy!

Regards,

Becky

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