

COVID-19 VIRTUAL SUPPORT SERVICES



Supporting your organization and employees during the COVID-19 pandemic is of the utmost importance to BHS.

Your employees may be experiencing stress and anxiety as their lives continue to be disrupted by the spread of the virus. Our dedicated team is here to support your organization and your employees virtually through this difficult time.

VIRTUAL COUNSELING SESSIONS

BHS is available to provide virtual access to counseling services for individuals who are experiencing the emotional impact of the COVID-19 crisis.

VIRTUAL CRITICAL INCIDENT AND DISRUPTIVE EVENT SUPPORT

BHS crisis counselors offer virtual support for leaders, supervisors or employees who are experiencing grief or trauma from a critical incident or disruptive event in the workplace.

OUTREACH AND SUPPORT SERVICES FOR INDIVIDUALS

BHS clinical team members are available to reach out to VIPs, front-line employees/ caregivers, and individuals impacted by reductions in force, furloughs, salary reductions or any individual whose well-being is of concern. Our counselors offer services and ongoing support to address stress, anxiety and fears related to this crisis.

VIRTUAL GROUP SUPPORT SESSIONS

Led by a master's level clinician, each session has a theme for participants to discuss to help them cope with daily stressors. Themes include practicing gratitude, strategies for staying motivated, managing anxiety and more. Sessions can be offered 1-2 times per week for 4, 6 or 8 weeks.

COVID-19 CHATS FOR LEADERS AND EMPLOYEES

A BHS master's level clinician or coach provides a brief presentation and then facilitates a virtual group discussion for up to 15 participants. These discussions are designed to support your organization and its employees during the COVID-19 crisis.

COVID-19: NAVIGATING THE NEW SCHOOL YEAR

LEADERS: RETURN TO WORK

EMPLOYEES: RETURN TO WORK

POSITIVE DAILY PRACTICES FOR WELL-BEING

ESSENTIAL LEADERSHIP SKILLS FOR TIMES OF CRISIS

LEADERS: MAXIMIZING TRUST AND MINIMIZING STRESS DURING COVID-19

ADAPTING TO WORK AT HOME

BUILDING YOUR SELF-CARE TOOLKIT

HOW TO COPE WHILE ISOLATING ALONE

MANAGING ANXIETY & INFORMATION CONSUMPTION

CRISIS GUIDE TO MANAGING YOUR MENTAL HEALTH

STRATEGIES FOR MAINTAINING CONNECTIONS

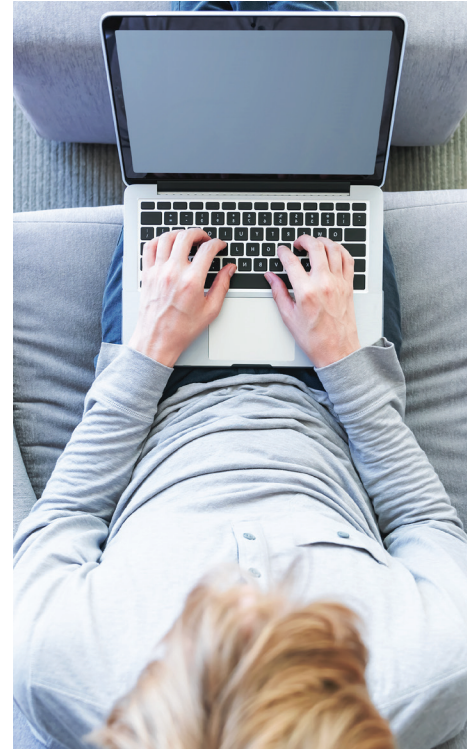
STRESS MANAGEMENT DURING DIFFICULT TIMES

SUPPORTING CHILDREN DURING COVID-19

FITTING IN FITNESS AT HOME

STRATEGIES FOR A GOOD NIGHT'S SLEEP

TIPS FOR EATING WELL



Our team is well-equipped to provide virtual services to help your organization and your employees keep healthy and supported through this difficult time.



WELL-BEING COACH CHATS

A BHS master's level clinician or coach facilitates a virtual group discussion for up to 15 participants. These coach chats are designed to provide additional well-being support for employees during the COVID-19 crisis.

CHALLENGING NEGATIVE THINKING
CONTROL BREATHING, CONTROL STRESS
CREATING A WORK-LIFE BALANCE
DESKERCISE
EAT THIS, NOT THAT
EXERCISES FOR BUILDING HAPPINESS

IMPROVING MORALE – TIPS FOR MANAGERS AND SUPERVISORS
MINDFULNESS PRACTICES FOR BEGINNERS
PRACTICING GRATITUDE
STRATEGIES FOR STAYING MOTIVATED
STRESSBUSTERS

WEBINARS

BHS offers a comprehensive library of education and training solutions from subject matter experts to help your employees maintain their well-being during the COVID-19 crisis.

BOOSTING YOUR IMMUNE SYSTEM
BUILDING MOTIVATION AND MORALE IN THE WORKPLACE
CREATING A WORK-LIFE BALANCE
FITNESS WITHOUT A GYM
MANAGING CHANGE IN THE WORKPLACE
MASTER MEAL PLANNER I & II
MEDITATION & RELAXATION
MIND-BODY CONNECTION
ORGANIZING YOUR SPACE
MOOD AND FOOD
PREVENTING BURNOUT

RECHARGE FOR A MORE PRODUCTIVE YOU
STRESS MANAGEMENT

Enhanced Trainings (three weeks notice is required for enhanced trainings)

ACHIEVING HARMONY:
HOW TO MAINTAIN A HEALTHY
WORK-LIFE BALANCE

CALM DOWN: MEDITATION AND
RELAXATION GUIDE

CLEAR YOUR CLUTTER:
A COMPREHENSIVE GUIDE

INVOLVEMENT AND ENGAGEMENT

IT'S NOT SELFISH, IT'S SELF-CARE

LETTING YOUR EMOTIONS INTERFERE
WITH EATING

PUTTING OUT THE FIRE: PREVENTING
AND MANAGING BURNOUT

RELAXATION RX

STRATEGIES FOR STRESS RELIEF

THE STRUGGLE IS REAL- STRATEGIES
FOR TIME MANAGEMENT

Virtual Financial Trainings

HOW TO DEAL WITH YOUR FINANCES
AMIDST THE PANDEMIC

VIRTUAL 1:1 FINANCIAL
CONSULTATION

WELL-BEING CHALLENGES

BHS offers a virtual way to encourage employees and develop a sense of community during this time of isolation. These challenges help participants motivate and encourage each other to maintain their well-being through the COVID-19 crisis.

HEALTH FOR THE HOLIDAYS - Physical activity, nutrition, and emotional fitness. Participants log daily behaviors to help build sustainable habits to end the year with increased energy, enhanced resilience and stronger feelings of joy and hope.

SUSTAIN - NEW! Participants learn skills to live in a way that's gentler on the planet while enhancing appreciation and affinity to nature.

WORK OF ART - Mental health and resiliency. Participants learn and practice activities that elevate emotional well-being, including skills to enhance resilience and cultivate happiness.

WORLDWIDE WELLNESS - NEW! Participants travel the world without needing a passport, packing a suitcase or boarding a plane while progressing towards their personal health and well-being goals.

VIRTUAL MEDITATION AND RELAXATION SERIES

Four to eight weeks series of sessions featuring progressive relaxation, breathing techniques, guided meditation, mindfulness meditation activities and tips for participants to incorporate these practices in their own lives.

VIRTUAL FITNESS CLASSES

ABS & CORE
BOOT CAMP
CARDIO
PILATES
YOGA
ZUMBA

*Can be offered one time or via a subscription to a fitness platform



Help Support Your Employees' Well-Being.

Contact BHS to learn how to schedule virtual services for your employees.

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