



**New York State Teachers' Retirement System**

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April 13, 2020

To: All Employees  
From: Human Resources  
Subject: "Calm in the Time of Coronavirus" Webinar

As we continue to navigate through the COVID-19 pandemic, we are experiencing different and challenging times in our day-to-day living. Below is a link to register for a free Capital EAP webinar **tomorrow** Tuesday, April 14, 2020 from noon to 1 p.m. to assist in dealing with the stress of the current situation and working from home.

[Calm in the Time of Coronavirus with EAP Counselor Marion White](#)

The training is designed to provide some strategies for coping with stress during the pandemic, with a focus on remaining calm and relieving anxiety. The program will review how to make and keep a routine, the importance of self-care, and tips for parents who are at home with kids. We encourage staff to register and attend.

Capital EAP remains available for phone consults at (518) 465-3813. To obtain the NYSTRS web access code for additional services through the website please contact Human Resources at (518) 447-2906.

Stay safe!