More than ever before, employee health and safety must be a top priority for all companies. To assist employers, the Hawaii Employers Council has produced this resource guide, which includes links to a variety of websites, videos, and documents on emotional, financial, physical, and general well-being.

**Emotional - Stress Management**

- **Simple Stress Management** - Grokker
- **Getting Started with Meditation** - Headspace
- **Free Mental Health First Aid Course** - American Red Cross
- **7 Ways to De-stress** - Down to Earth
- **Adjusting How We Live** - Fidelity
- **Build Your Resilience in the Face of a Crisis** - Harvard Business Review
- **Free Guided Meditations and Exercises** - Headspace
- **Managing Through Uncertain Times** - meQuilibrium
- **Helping Employees Avoid Loneliness and Isolation** - Virgin Pulse
- **Supporting Emotional Wellbeing In an Organization** - Virgin Pulse
- **When Home Becomes the Workplace** - Virgin Pulse

**DID YOU KNOW?**

According to the PWC Research Institute, 75% of employers offer a mental health wellness program.
Active - Let's Get Physical

- **At Home Workouts** - Aaptiv
- **Virtual & Recorded Workouts** - American Heart Association
- **Yoga on Demand** - Corepower Yoga
- **Free Workout Videos** - Fitness Blender
- **Free Workouts and Coaching** - Gold's Gym
- **21-Day Athlete** - Grokker

Financial - Money Matter$

- **7 Steps to Financial Wellness** - Grokker
- **Stay Financial Healthy During COVID-19** - Enrich Financial Wellness
- **Managing Your Finances** - Fidelity
- **Manage Financial Uncertainties** - Greenpath Financial Wellness
Nutrition - Healthy Eating

Healthy Recipe Swaps - American Heart Association
Build Healthy Habits - BJ Fogg
14-Day Sugar Reset - Grokker
Grocery Shopping Tips During COVID-19 - Dr. Jeffrey VanWingen
Cooking Along – Live Stream Series - Monji

Healthy Recipes - American Heart Association
Down to Earth Recipes - Down to Earth
Tips for Eating More Fruits and Vegetables - Zipongo

Rest and Relaxation - Sleeping Well

Deep Sleep Release - Grokker
Sleep Smart with These 9 Tips - Psychology Today
How Sleep Affects Your Immunity - Sleep Foundation
Sleep Guidelines During COVID-19 - Sleep Foundation
Calm Your Mind and Wind Down for Bed - Virgin Pulse
Know the facts.

- Prior to COVID-19, over 5 million U.S. employees worked from home at least half the time.
- The number of regular telecommuters in the U.S. increased 173% between 2005 and 2020.

Productivity - Working from Home

Remote Work: Setting You & Your Team Up for Success - LinkedIn Learning
Working From Home - CNN

Staying Productive at Work - Fidelity
3 Problems Everyone Has When First Working Remotely - Invision App
How to Beat Distractions and Find Your Focus - Virgin Pulse
How to Find Your Focus While Working from Home - Virgin Pulse
Tips for Sticking to a Schedule When Working Remotely - Virgin Pulse
Overall - General Wellness and Personal Growth

5 to Thrive - Grokker

Diabetes and COVID-19 - Taking Control of Your Diabetes (TCOYD)

Protect Yourself and Others - Centers for Disease Control

Learning Topics - Wellness & Work from Home Strategies - Ceridian

Free Online Learning from 8 Top Ivy League Colleges - Class Central

COVID-19 Self-Assessment Tool - First Vitals

Free Resources - Hawaii Health at Work Alliance (HH@WA)

Telehealth Resources - Hawaii Pacific Health

Telehealth Resources and Hotline - HMSA

Tips for Staying Healthy - HMSA

How to Protect Yourself and Get Care - Kaiser Permanente

Telehealth for Patients - The Queen’s Health Systems

Important Information about Coronavirus - UHA Health Insurance

Telehealth Information - UHA Health Insurance

Telehealth for Patients - The Queen’s Health Systems

Free Online Motivational Talks - WYAO Hawaii