

# WORKPLACE RESOURCES FOR THE NEW NORMAL

Even before the challenges of COVID-19, Kaiser Permanente was focused on ways to help businesses support employee health and well-being. With recent studies showing that 75% of workers have experienced burnout and 40% cite COVID-19 as the direct result, we'd like to share these free resources to help you and your employees emerge from these challenges and thrive.



Planning for the next normal at work  
Keeping your workforce safe and healthy

## Download the **Planning for the Next Normal at Work Playbook**

As COVID-19 restrictions begin to lift, this playbook is meant to offer useful tools for you and your leadership teams to make your workplace as safe as possible and support your employees in the best way possible.



Workforce health resource guide

## Download the **Workforce Health Resource Guide**

From stress management to smoking, weight management to heart health, this guide provides workforce health tools you can use to help employees make healthier choices at work, at home, and on the go.



## Download the **COVID-19 Vaccines Know the Facts Flyers in English and Spanish**

COVID-19 vaccines play an important part in protecting ourselves, our families, and each other from the coronavirus. Arm yourself and your employees with COVID-19 vaccine details.



Visit our **Thrive at Work Resource Center** for more helpful information and toolkits on topics such as starting a wellness committee, smoking cessation, and more.



Finding Balance stress management toolkit

## Download the **Finding Balance Stress Management Toolkit**

Help your employees manage their stress with this no-cost, eight-week program. The toolkit includes a 4-step model for launching your program, plus promotional materials to keep your employees engaged, focused, and motivated.



## **You have questions, and we have answers.**

In these **short videos** Kaiser Permanente doctors and experts answer some of your most frequently asked questions.



## **Mental Health Awareness Training**

This **35-minute course** will help you understand common mental health conditions and why it's important to support a stigma-free environment.