Beat back-to-work stress

Worried about the COVID-19 virus? These ideas may help you feel more in control of the situation.

Review our COVID-19 plan and ensure you are following the guidelines for our workplace. Watch out for co-workers, too – we all need to keep each other safe.

It can reduce stress just to say your worries out loud – to a trusted friend, co-worker or loved one.

Do you feel we can be doing more to keep the virus away? Talk to your supervisor or a member of our safety team.

Review state and local guidelines to be sure you are following all the safety rules at home. Your family can decide on additional rules to make everyone feel safer.

Still feeling stressed? Use our Employee Assistance Program to find someone to help. Contact them at

(Employee Assistance Program is confidential.)

Visit nsc.org for more resources.