

### Benefit News

#### **Resources for Living Employee Assistance Program**

Our EAP program is a confidential 24/7 resource for you and family members living in your household to obtain assistance with stress, depression, finances, and other personal concerns. You may contact Resources for Living or to set up **Virtual Visits** with a counselor, by calling 1-800-848-9392. In addition, their [website](#) has many useful resources. Please use login - pscb, password - eap.

Last week, we sent you the link for Resources for Living [COVID-19 Resource Center](#). This site has been updated to have a new look and provide more resources. Please check it often.

This week, we are sharing two short articles on “Staying Resilient Through Covid 19” and helping managers “Prevent Fatigue and Burnout”.

- [Staying Resilient Through COVID-19](#)  
In challenging times, resilience — or the ability to stay strong and bounce back — is more important than ever. By making resilience a priority, you can contribute to a culture that helps you and everyone around you stay strong through tough times.
- [For Managers: Preventing Fatigue and Burnout During COVID-10](#)  
As a manager, the response to COVID-19 most likely has you fielding extra requests. You’re trying to keep yourself and your staff up to date on rapidly changing situations. At a time when you’re especially concerned about yourself and your family, your job has also become more demanding. By recognizing the signs of fatigue and burnout, you can help prevent or reverse it.

### Retirement News

#### **Florida Retirement System (FRS) Investment Plan Quarterly Statement Mailings Delayed**

Some of the printed FRS Investment Plan quarterly statement mailings are being delayed due to COVID-19 priority mailings. You should receive your statement no later than the second week in May.

### Wellness News

#### **Why a Good Night’s Sleep is so Important, Now More Than Ever – COVID 19**

#### **Complete Your Health Assessment At Home**

Employees and dependent spouses with Aetna Medical Insurance through PCS can earn 1 credit towards their Aetna Health Promise Incentive for completing their Online Health Assessment.

[Directions for completing Online Health Assessment.](#)

To learn more about the Aetna Health Promise, please visit [pcsb.org/wellness](https://pcsb.org/wellness).

## Employee Discounts

**Dell's Teacher/Staff Appreciation Week. This week we say THANK YOU for everything you do!**

May 4<sup>th</sup>– 9<sup>th</sup>, educators can receive an exclusive coupon code by accessing their Dell portal and clicking on main banner. To apply, simply add your unique coupon code in the cart to save an additional 10% on select systems and accessories.

[www.dell.com/mpp/PinellasCSD](http://www.dell.com/mpp/PinellasCSD)