



# Maine Community College System

## Benefits Bulletin

### Coronavirus Resources & Assistance in Dealing with Holiday Stress

Our **Living Resources Program** offers support, free resources and tips to help cope with stress during the holiday season.

- [Keeping the Holidays Healthy and Happy](#)
- [Health and Safety Guidance for the Holidays](#)
- [How to Cope with Being Alone During the Holidays](#)
- [Coping with Seasonal Affective Disorder](#)
- [Coping with Depression](#)

Visit the **Living Resources website** for these Coronavirus Resources:

- Coronavirus Digital Toolkit
- Coronavirus Webinars
- Coronavirus FAQ
- Resiliency Resources
- Working from Home
- Financial Support
- Illness Prevention
- Healthy Travel
- Additional Resources

**Living Resources**  
**Here when you need us.**  
Call: **844-207-5465 (844-207-LINK)**  
TTY: 800-697-0353  
Online: [guidanceresources.com](http://guidanceresources.com)  
App: GuidanceNow  
Web ID: **LivingME**

For more information about the Living Resources Program available for employees, retirees, and household members, visit **our website!**

