



Extraordinary Times

These are challenging times. We are all being asked to dig deep and to do both the ordinary and the extraordinary each and every day.

Claremont believes that we all are capable of flexing our creative muscles.

Here are some words of encouragement:

- Light a candle rather than curse the darkness. (JFK once said this.)
- Honor old rituals by creating new ones to capture their true essence.
- Know we are all settling in to this new normal. Everyone is making it up as they go.
- Try to be patient. Best practices are emerging.
- Opt for the term physical distancing instead of social distancing.
- Reach out. We all need connections right now.
- Remember: We are all in this together.

Claremont EAP provides free and confidential counseling, legal and financial consultations and work/life referrals.

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