



Wellness Support Resources:

Helping your employees (and yourself) in challenging times

Managing stress and anxiety

Sometimes you just need a moment to step back. Calm can help.

PayPal employees have premium access to Calm, a leading mental health and wellness app. Below are just some examples of content in the Calm app that can help.

- Anxiety Release
- Managing Anxiety on the Go
- Finding Joy
- Moment of Calm
- 5 Steps to Stress Less
- Relax with Breath
- Reframing difficult thoughts
- Reducing Work Anxiety

Not signed up for Calm?

Signing up is easy. Verify eligibility with your PayPal email, then follow these steps to get started:

1. Visit calm.com/b2b/PayPal/subscribe.
2. Sign up with a preferred email address (or log in to an existing account).
3. Confirm eligibility with your PayPal email address.



Scan the QR code to redeem your free Calm account

Need help? Visit calm.com/support

Handling Change with the EAP

Optum is here to support you!

Today's business environment is constantly evolving as it adjusts to market trends, new technology, and competition. These changes can be coupled with many emotions. PayPal's Employee Assistance Program (EAP) can help.



- Talk with PayPal Dedicated Counselors.

See next two slides for information and how to schedule time



- Focused articles and resources from the EAP

- [Managing job stress](#)
- [Resiliency in the workplace](#)
- [Coping with emotions of a job loss](#)
- [Discussing a job layoff with a child](#)

Access the EAP and talk with someone directly or look for other resources to meet your needs.

- **US:** Call Optum at 888-876-7830, or visit liveandworkwell.com (access code: PayPalUS)
- **Outside the US:** [sign up online](#) (access code: PayPal).

Dedicated EAP Services



Julie Raia

Julie is a Marriage and Family Therapist and Certified Alcohol/Drug Counselor. She has been in the mental health field for 20 years working with families, youth, and adults.

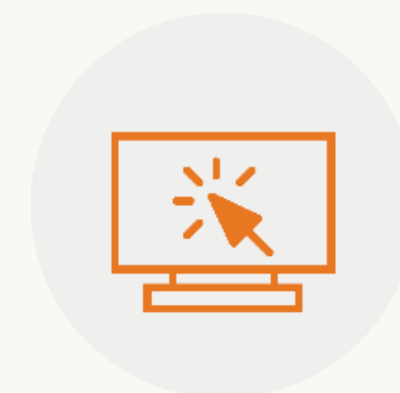
Our dedicated EAP counselors are here to support you when you need it. It is confidential and at no cost to you. Julie is available to do virtual support or onsite consultations (with advance notice) in San Jose, California.

Consultations may include referrals for assistance or coaching on topics such as: work-life balance, parenting and family concerns, depression, anxiety and stress, legal or financial concerns, and communication strategies.



Quick and easy scheduling:

Call or [click here](#) to schedule your confidential session



Available: Tues 9:00 - 2:00; Wed 9:00 – 2:00 PST

Location: San Jose, CA and virtual support

Consultant: Julie Raia, MA, LMFT

Phone: 612-428-6818

Email: julie_raia@optum.com



 I need help with...	 Where can I go?	 I need help with...	 Where can I go?
<p>Managing stress in my daily life, or caring for my own or my family member’s mental health</p> <ul style="list-style-type: none"> • Coping with stressful situations • Navigating family dynamics • Managing workload • Knowing when and how to seek further support 	<p>Global EAP Resources for your country’s local Employee Assistance Program (EAP)</p> 	<p>Parenting Support</p> <p>RethinkCare provides a Parental Success solution that helps families raise happy, healthy, and resilient children.</p> <ul style="list-style-type: none"> • Access to 100+ on-demand courses focused on Family Wellbeing to help parents nurture their mental health, practice mindfulness with their child, and boost their child’s executive functioning skills including attention, focus, organization, impulse control, and more. • Consultations with on-staff Board Certified Behavior Analysts to address your unique needs and your children’s, including developmental disabilities. 	<p>Rethink Care</p>  RethinkCare
<p>Sleeping better, managing stress or reducing anxiety</p> <ul style="list-style-type: none"> • Guided Meditations • Mindful movements and gentle stretching • Music to help relax and reduce stress 	<p>Calm</p> 	<p>Financial Wellness</p> <ul style="list-style-type: none"> • Financial Education and 1:1 Coaching with RSM 	<p>RSM</p> 
<p>Locating my other PayPal benefits such as Employee Relief Fund, Global Wellness Days, Time Off Programs, etc</p>	<p>PayPalBenefits.com</p> 	<p>Exercise and Nutrition</p> <p>EXOS delivers virtual exercise and nutrition content. It is based in the US but as a global employee, you can access the virtual services and recordings.</p>	<p>Exos@home</p> 

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<p>Dependent care</p> <ul style="list-style-type: none"> • Locating in-home or center-based care • Emergency backup care services • Elder care assistance • Test prep, summer camps and discount tuition 	<p>Bright Horizons</p> 	<p>Help with my fitness, nutrition and lifestyle goals</p> <ul style="list-style-type: none"> • 1:1 coaching with a wellness coach • Personalized plan to help you with behavior change • Complimentary access to licensed dieticians 	<p>Vida</p> 
<p>Locating my other PayPal benefits like fitness discounts, travel perks, credit unions, etc</p>	<p>PayPalBenefits.com</p> 	<p>Exercise and Nutrition</p> <p>EXOS delivers virtual exercise and nutrition content as well as one on one coaching</p>	<p>Exos@home</p> 