

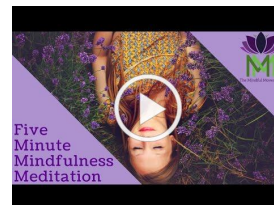


BENEFITS & WELLNESS

Move to Improve Your Mental Health

We've been practicing social distancing for some time now which can add stress when balancing home and work life. If you or your family members are working from home and dealing with all the distractions that come with it, life can start to feel overwhelming. Your physical and emotional health are our top priority, so use the information below and take time for YOU today. Step away from your work, try something new or just spend time outside with your loved ones. Your mental health matters!

Start your day in a calm place by practicing a few minutes of meditation.



If your work has you sitting all day, try these three quick exercises to get your blood pumping.



Decompress at the end of the day with a few deep breaths and these stretches.



If you need additional resources like our Employee Assistance Program or other resources for mental or emotional support, or information about the ONE Heritage Fund for financial support, reference our COVID Health & Wellness Resources Guide.

[DOWNLOAD THE COVID-19 WELLNESS GUIDE](#)

Questions?

Please contact your manager or HR business partner if you have questions, or if you or an immediate family member have been exposed/diagnosed with COVID-19. For any other questions, please contact [HR Shared Services](#) or call (800) 303-0408.