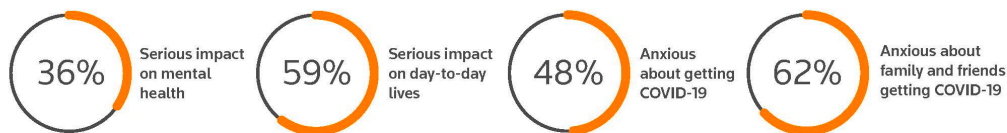


STAYING HEALTHY AT HOME

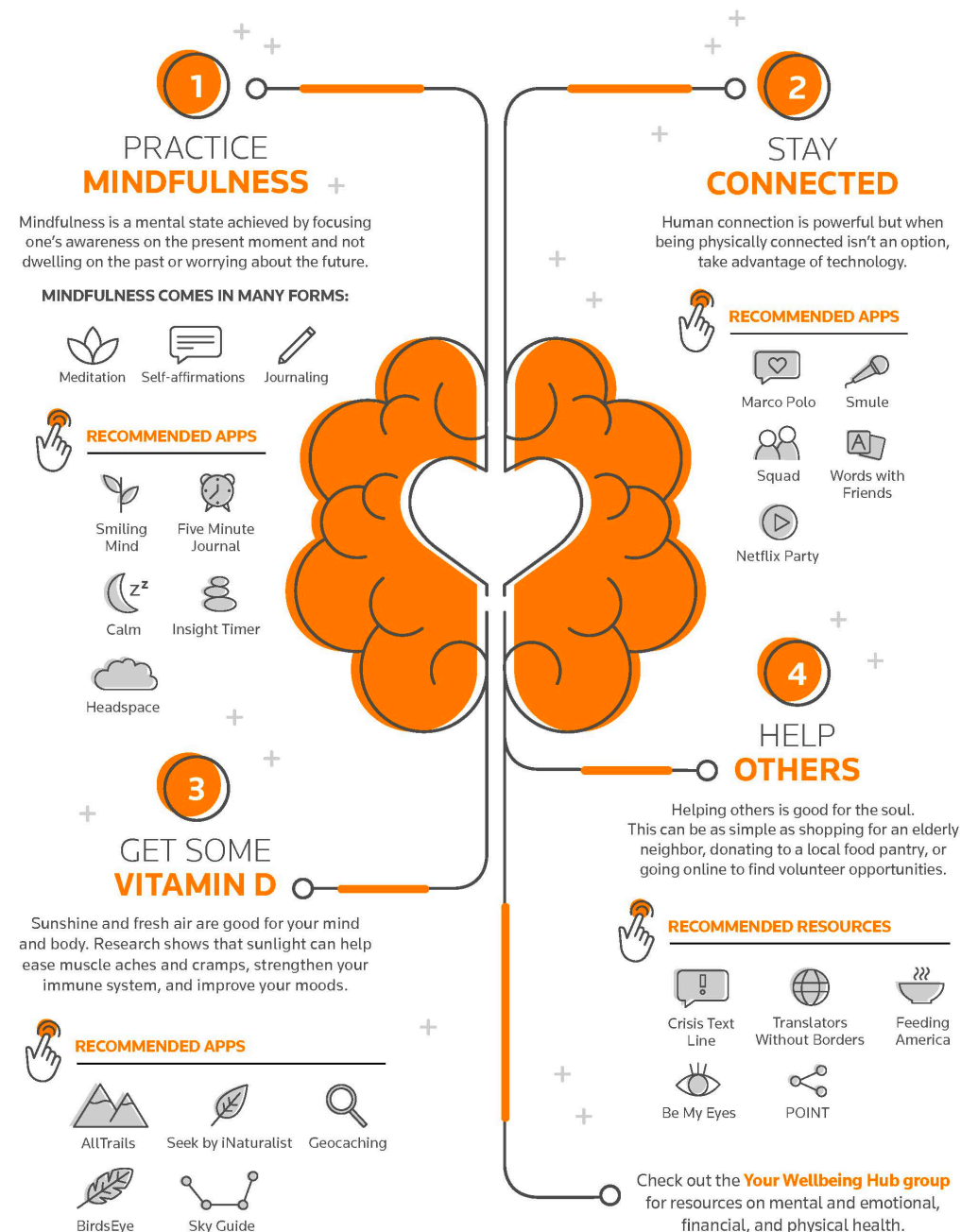
COVID-19 has affected how we live, work, and play. And, while there's a plethora of information on taking care of our physical health, we hear less about protecting our mental health.

In a recent poll¹, the American Psychiatric Association (APA) found COVID-19 is weighing heavily on our minds.



Many of our colleagues, working from home for the first time, may be feeling isolated. So, how can we stay sane during this challenging time?

HERE ARE FOUR TECHNIQUES:



¹American Psychiatric Association, *New Post: COVID-19 Impacting Mental Well-Being: Americans Feeling Anxious, Especially for Lower-Income, Older Adults are Less Anxious*