

# 6 FEET APART

A COVID-19 Wellbeing Guide, from Your AIA, Alera Group team



Life looks different for all of us today, whether we're adapting to the challenges of working from home or we're out in the community performing vital roles to keep our community healthy and safe. Here are some resources we've found that may help you navigate life today, wherever you are.

## Physical Wellbeing

*How to stay physically well at home*

There are a number of great YouTube channels that offer updated fitness videos from Yoga and Pilates to more intense HIIT training.

- [Yoga With Adrienne](#)
- [Tone It Up](#)
- [MadFit](#)
- [Fitness Blender](#)
- [Blogilates](#)
- [The Fitness Marshall](#)

## Virtual Volunteering

*Staying connected to the community*

[Quarantine Chat](#) is a way to connect with others who might need a friend or someone to talk with. Get to meet others around the world who are quarantined and need to hear a voice.

Volunteer to offer child care to a neighbor who is working for an essential business.

## Need a Smile?

Check out this quarantine-themed [YouTube video](#) parody of Kokomo.

**Joke of the Week:** When we come out of this and I ask you where you want to eat, I do NOT want to hear "I don't know". YOU HAD PLENTY OF TIME!

## Emotional Wellbeing

*Staying emotionally well*

Plan your own self-care. For some this might be a gentle yoga class, maybe a walk through the neighborhood, or snuggling with your pets. Whatever recharges you, make a little time for every day! For more tips:

<https://thriveglobal.com/stories/10-strategies-for-managing-anxiety-and-stress-during-covid-19/>

## Entertainment

*Keep away the cabin fever*

Start a family movie night! [Disney+](#) just launched Frozen 2 and Onward, if you are looking for some kid-friendly options!

Love live music? [Facebook Live's event: Human to Human](#) is April 11th.

Host a [Netflix Party \(Chrome\)](#) where you can watch a movie with friends and group chat.

Learn something new! [Penn State](#) is offering free online courses. Register by April 30th.

## Please Be Well