

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. We'll be sharing new tips each week as we continue to work through this together.

Physical Wellbeing

How to stay physically well at home

We all know how important sleep is to our overall health, but it's not easy to get the rest we need, especially during stressful times. Sign up for this [webinar](#) from Dr. Michael Breus to learn how to improve your sleep habits.

Helping Out

Assisting our community

If you'd like to assist health care workers in our community, you can lend a hand by making a donation through the [100 Million Mask Challenge](#). And if you're handy with a sewing machine, you can donate masks to WellSpan Health - click [here](#) for information on where to drop off masks, and to download a pattern for making fabric masks.

Getting Outside

Enjoy some time outside your home

As the days get warmer and with more time at home, maybe you're thinking about starting a garden. If you are, NPR's Life Kit podcast has some pointers for you [here](#). Then hit up your local garden center (many offer online shopping and delivery) to get growing!

Emotional Wellbeing

Staying emotionally well

We're being inundated with news from all over these days, and it can be overwhelming. Lemonade has some [tips](#) to keep yourself informed without sacrificing your peace of mind.

One way to help ease stress is to connect with nature. Here are some [mindfulness strategies](#) that can help you become more in tune with our planet.

Entertainment

Keep away the cabin fever

Do you have a little Disney fan in your family? Well, from now through April 30th, you can call 1-877-MICKEY to hear a bedtime message from your child's favorite Disney friend!

To visit some local furry friends, check out [ZooAmerica's](#) Facebook Live sessions every Monday, Wednesday and Friday.

Please Be Well