

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 others 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

Looking for some new exercise ideas? Check out [this list](#) of some of the best Instagram Live and IGTV workouts to switch up your at home routine on a rainy or cold day!

Walking the Appalachian Trail is a goal for many hikers, and if you've every thought about taking on the challenge, now you can do it virtually, with [Walk The Distance](#), a free app for iPhone users,. If you don't have an iPhone, you can get information including an interactive map, at the [Appalachian Trail Conservancy's website](#), to learn about interesting spots along the route.

If you're a runner, put on your sneakers and get out on Star Wars Day for the [May the 4th virtual 4K run](#). Do or do not - there is no try!

Ready for a fiesta?

Recipes to enjoy on Taco Tuesday!

Cinco de Mayo is just around the corner, and we could all use a reason to celebrate! From guacamole to churros, [here are some ideas](#) that will make your whole family say "ole"! And if you're looking for ways to add some history into your at-home lesson plans for young learners, here are [20 facts](#) you might not know about this day that commemorates the Battle of Puebla.

Emotional Wellbeing

Staying emotionally well

Feeling overwhelmed? Conscious breathing can be a useful tool to bring calm to your mind in a stressful situation. Try this [4-7-8 approach from Dr. Andrew Weil](#).

Entertainment

Keep away the cabin fever

Do some stargazing - and see the brightest planets in the eastern sky in May. [Astronomy.com](#) has weekly pointers on what to look for on a clear night. Venus is currently visible and can be easily seen without a telescope. And [NASA at Home](#) has ideas for kids and families to learn about space exploration together.

As you celebrate Cinco de Mayo, [check out these movies](#) that showcase Mexican and Mexican-American culture.

Have you missed an issue of 6 Feet Apart? You can [view our previous editions here!!](#)

Please Be Well