

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.

Celebrate Moms!

Whether you're together or far apart, here are some ways you can create a special Mother's Day experience this year.

Mother's Day will be a little different this year, but there are plenty of ways to celebrate the mothers in your life, whether that's your own mom, your friends with children, or a person who was special to you as a child. Recognize the people who shaped our lives with some tips from [Women's Day](#).

Emotional Wellbeing

Staying emotionally well

Many people find themselves anxious about the unknowns the pandemic poses for us all. Meditation can be a powerful tool to overcome anxiety. [Meditation for Anxiety](#) is a 15 minute practice that's free on YouTube and great even for beginners.

Mother's Day can be difficult for those who've lost their mother or a child. If you are looking for a way to deal with sadness this year, here are some [coping resources from What's Your Grief](#) you may find helpful.

Physical Wellbeing

How to stay physically well at home

Take a hike together! Find a new trail to explore at [TrailLink](#). Can't be with mom on Mother's Day? Pick a time and a trail for each of you, and have a video chat from a scenic overlook along your route!

Entertainment

Keep away the cabin fever

Set up a virtual meeting with mom and the rest of the family, and enjoy a movie "together" with these [10 movies about motherhood](#).

How does breakfast in bed sound? [Here are some recipes](#) for brunch ideas, from blueberry waffles to carrot cake baked oatmeal. And don't forget the perfect Bloody Mary! Just make sure you designate somebody other than mom to clean up the kitchen!

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

Please Be Well