

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.

Treat Yo Self!

It might not be October 13 yet, but who's keeping track? Any day is a good day to spend a little bit of time indulging, even if it's just a minute or two! Treating yourself doesn't have to be extravagant or expensive, but it's important to take time to recharge and reflect on the good things in life, even at the hardest times.

Entertainment

Keep away the cabin fever

Catch up with the team who started it all and encouraged us to treat ourselves by watching the [Parks and Recreation reunion special!](#)

Family Funtime

Take some time with the kids and recharge together!

If you live in a development, leave sidewalk chalk drawings to brighten your neighbor's day!

Or wind down from a busy day with family story time from [Goodnight with Dolly](#).

AIA Alera Group also wants to thank and recognize front line workers, including some [members of our own families](#). THANK YOU for all you are doing!

Emotional Wellbeing

Staying emotionally well

We often hear that to be able to support others, we have to support ourselves first. You deserve a bit of relaxation, so give yourself a vacation from home with these [DIY spa treatments](#) or create a [vacation vision board](#) to begin planning your next get-away. This is a great way to plan something to look forward to when our routines return to normal, or to spark curiosity in other lands.

Unwind...

Relax with your favorite coffee - at home!

Missing coffee time with your friends? Set up a time to chat and create a coffee shop vibe virtually by opening [Coffitivity](#) in the background. And if you're looking for a guide to making the perfect cuppa joe, [check out these recipes](#) and be your own barista!

Please Be Well

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