

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.

As stay at home orders are being eased, we are suspending our COVID-19 Wellbeing Guide. We wish everybody a safe, healthy, and enjoyable summer!

Entertainment

Summer activities during COVID-19.

Summertime is going to look and feel a bit different as we try to maintain the physical distance, while keeping our social connections. Here is a [starter list](#) of fun things to do this summer while you're physically distancing.

Summer plans are likely in a bit of disarray due to the pandemic. You may be rethinking plans to send your children to summer camp. No need to worry! Check out these [great ideas](#) to keep your children busy all summer long.

Family Time

Get started planning your best summer!

Getting creative and dreaming up fun things to do that don't take too much effort besides gathering your family and maybe a few supplies with this summer [bucket list](#).

Summer activities will be different this year, but kids with ADHD can still exercise their creativity, athleticism, and curiosity with [these](#) at-home ideas for projects, programming, and physical activity.

Summer Vacation

Should you stay or should you go?

After enduring stay at home guidelines, having a change of scenery through vacations can be essential. [Here](#) is a guide for how to take a vacation in the midst of COVID.

If you have travel plans already, we know there be some uncertainty as to whether those will pan out. [Here](#) are some things to consider to ensure you get the most out of your trip

Please Be Well

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