



Worksite Wellness That Works

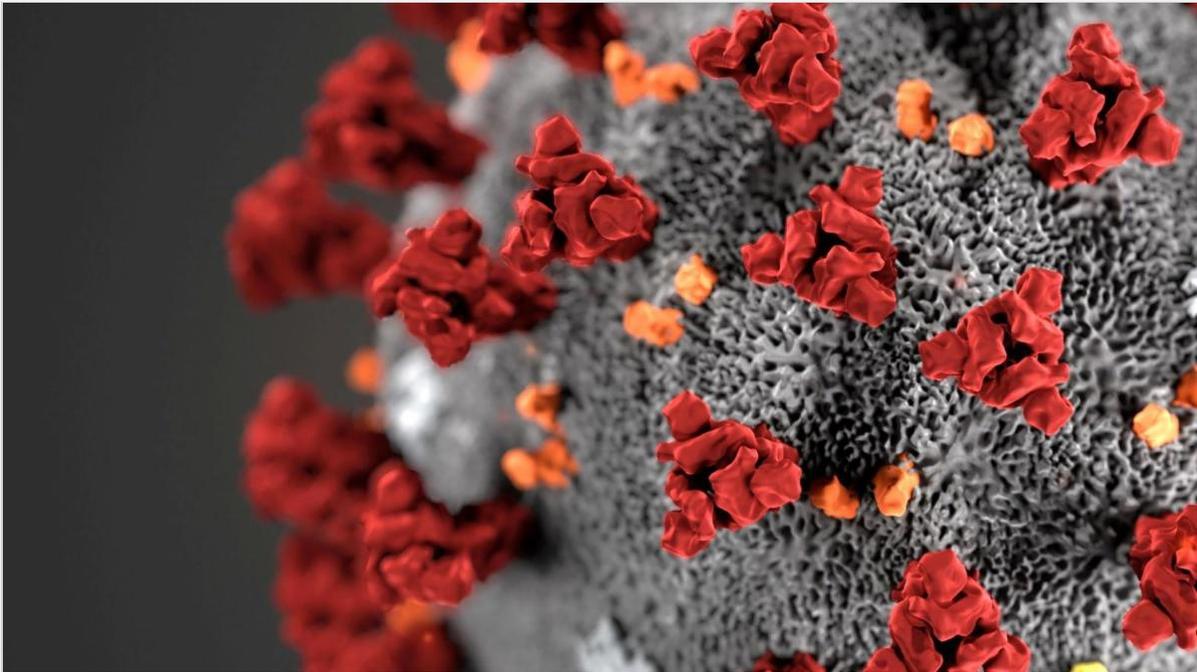


We're In This Together!

Tips to Remain Focused and Engaged

Here at WellnessIQ we are always thinking of you as our partner, but particularly now during this time of distress. There is a lot of circulating information about COVID-19, and this is just one more way to extend a helping hand to our clients and employees for support, security and motivation during this disruption. While multitasking and burnout are common themes among the workforce today, they seem to take on a whole new meaning during this surreal time. The health and wellbeing of our clients and their employees' remains a priority, as does helping employees navigate uncertainties that may create an underlying feeling of insecurity and stress. Managing these stressful events within our daily activities is essential to the maintenance of the business.

Below is a handful of tips to help our employees remain focused, engaged and aligned with the values of your organization.



Team Tips

1. **Show & Tell** – Schedule regular conference calls with video to show off your current situation, as crazy as it may be! Pets, kids, a cool office space or even your favorite pajama pants! Embrace this unique situation by getting to know a new side of your teammates and taking a few minutes to laugh together.
2. **Virtual Lunch and Learn** – Replace lunch meetings with meal delivery services such as Grub hub, DoorDash or Uber Eats. Interested in pairing this with a WellnessIQ lunch and learn? Let us know [here!](#)
3. **Participate in a team or company-wide challenge** – Company-wide challenges can foster camaraderie and awareness and help employees focus on daily goals and tasks to support their health and happiness. Whether you band together to donate to a greater cause, or do an at-home workout to keep yourself (and team) accountable, connecting people across your organization through wellbeing challenges gives them the opportunity to take action together and continue the focus on people, culture and values. Interested in learning more about using a platform for your organization? Let us know [here!](#)
4. **Take the Mindful Approach** – Check out [these tips from Headspace](#) for taking a mindful approach to helping your team through the current global crisis.

Individual Tips:

1. **Communicate** – Regardless of the unique disruptions you are dealing with at home, communicating with leadership is essential to the success of your daily role. Getting the job done may look different from one person to the next, so transparency and communication is key. This in itself will relieve additional stress.
2. **Mental Wellness Under Quarantine** – Join Healbright’s free on-demand mental wellness course geared specifically towards this hardship. Sign up [here](#).
3. **Meditate** – There is no better time than now to take a step toward a healthier, happier life. Learn to meditate with [Headspace](#) or [Calm](#) for free!

COVID-19 Resource Guide

Because the coronavirus COVID-19 is so new, very little is known about it. There are updates provided daily as scientists learn more about the virus and work on developing a vaccine. Monitor the situation closely and check your local news outlets for regional updates.

What is COVID-19 and How Does it Spread?

[Share Facts, Not Fear](#)

[About Coronavirus Disease 2019 \(COVID-19\)](#)

[Basic Protective Measures Against the New Coronavirus](#)

Breaking Updates and Travel Notices

[Coronavirus Disease 2019 Situation Summary: USA](#)

[COVID-19 Updates from the World Health Organization](#)

[Coronavirus Disease 2019 Information for Travel](#)

[Additional Resources Workplace Safety and Preparedness](#)

[World Health Organization: Coronavirus Q&A](#)

Reducing Stress. Saving Money. Increasing Well-being. Contact Us Now!

Let's Talk!

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