



EQUITABLE

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## A message from Thomas Flavin Head of Distribution, Employee Benefits

With so many more people working from home these days, it's no wonder that we're all looking for ways to stay productive while operating away from our offices, colleagues, and the usual in-person interactions.

Did you know 91% of remote workers say they like working remotely because it offers greater life balance\*? While our new mode of work is appreciated by some, it's not always easy to stay engaged and manage the daily stress of a "solo" operation.

That's why the Equitable team has come up with a few tips that might help. Here are some of our ideas:

- Make it fun. Need to connect as a team? Molly recommends video meetings that include a fun element like trivia, bingo, or karaoke. *Molly Fenton, Sales Executive, Louisiana*
- Do video coffee or lunch meetings. To help employees build social and emotional connections with their colleagues it is important to use technology to relate in a more personal way. Nino has found success in having a virtual lunch or afternoon snack break as a way to come together. *Nino Lazaro, Sales Executive, Northern California*
- Have a fitness challenge. Exercise has many benefits, not only for your physical health, but also your mental well-being. Stay motivated by setting a fitness competition with your colleagues. Nick and Brian say it is simple to create teams and set goals. Assign points for sit-ups, push-ups, number of daily steps and track the results. Celebrate your success. *Brian Callery, Sales Executive, New York & Nick Umar, Sales Executive, New Jersey*
- Focus on realistic cases. One way to stay positive is to focus your attention on the companies that make the most sense right now. Take a look at your book of business and assess how different industries and companies are being impacted right now. *Equitable Sales Team*

Give these ideas a try

**Pick an idea and try it out with your clients and colleagues. Contact your Equitable Sales Executive if you are interested in setting up a virtual lunch meeting, trivia game or karaoke event.**

We'll continue to keep you informed

As things change, we'll keep updating our [Frequently Asked Questions](#) document to provide the most relevant information.

Hang in there. Look for the positive. And know that we will get through this.

Sincerely,



Thomas Flavin  
Head of Distribution, Employee Benefits



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