



McGohan Brabender Daily Update

Today is Wednesday, April 15, 2020

A TOUCH OF NORMAL

As we recently mentioned, we might ease in a few non-COVID-19 updates. Today is that day. Learn about the tools that MB offers for communicating across your entire workforce, a few stress relievers, and for those HR heroes, click below to learn how to bring on new, young professionals.

[HR Insights: On-Boarding New Young Professionals](#)

**ACCELERATEGO!
A MUST FOR EASY COMMUNICATION
DISTRIBUTION**

AccelerateGo! is the most important item on your to-do list! With AccelerateGo!, you put MB in charge of distributing the important benefit communications to your workforce. We send the message the way that each of them want to receive it. Over the years, we have observed how hard it is to keep employees informed with benefit changes, open enrollment notifications, and more. Check out this video and flyer to see exactly what AccelerateGo! can do to lighten your workload.

[AccelerateGo! Information Page](#)

JOYAGES: VIRTUAL ESCAPES

"If your Thinking is Stinking, so is Everything Else"

Can you smell your thoughts? Obviously not, but if you have stinky thoughts, then everything else will follow suit. Many times we focus and ruminate on all the things that went wrong, or could go wrong; and usually we don't come out of that thinking feeling any better about ourselves. Here is how to turn it all around:

1. Negative thoughts are normal; but you don't have to let them overwhelm your thinking
2. A great way to re-frame your thinking is by brainstorming ideas or solutions to your worries
3. At work or at home, try asking yourself this simple question: How can I make things better?

[Joyages Video: Is Your Thinking, Stinking](#)

MB COVID-19 RESOURCE CENTER

It has been said that doing something for three weeks or more becomes a habit. Now that we are about to wrap up a month of quarantine, we may have started some bad habits. To keep the stress away, remind yourself of these six mental health steps that will keep stress at bay. Click below to watch this simple, short video.

[Six Mental Steps for Self-Isolation](#)

[Click Here for McGohan Brabender's COVID-19 Resource Center](#)

REMINDER: NEW TAX DATE- JULY 15TH

IRS is recommending if you are due a refund, send it in sooner than later.

McGohan Brabender

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