



McGohan Brabender Daily Update

Today is Monday, April 20, 2020

SIDE AFFECTS PODCAST: WHO FIGURED 'IT OUT' DURING THE LAST RECESSION?

Join MB CEO Scott McGohan and his long-time associate, Ed Eppley from The Eppley Group, as they reflect on the recession of 2008-09 and how this health crisis imitates in emotion but is caused by different circumstances. Scott and Ed discuss how business owners, managers, and executives have accepted this fate of struggle for their business, but should look to the 2010 Harvard Business Review article, *Roaring Out of Recession*, to find the courage and confidence to overcome any fear that may prohibit being proactive toward growth.

[Side Affects Podcast: Scott McGohan and Ed Eppley](#)

COVID-19 "HOW TO VIDEOS"

CDC has provided videos on how to practice social distancing, and yet, still go to the grocery or even your doctor, safely. Share with your team and put into motion to keep the curve as flat as we can.

[How to Visit your Doctor for the 'Other Stuff'](#)

[CDC Recommendations on How to Shop](#)

JOYAGES: VIRTUAL ESCAPES

"How to Deal with Stress and Anxiety"

Stress is not a bad thing, we just have to learn how to respond to it in a healthy way. This video provides three easy steps to follow when things can get stressful. Click below and breathe...in through the nose, and blow out the mouth. You can do that anywhere.

[**Joyages Video: Three Steps to Deal with Stress**](#)

MB COVID-19 RESOURCE CENTER

We continue to receive carrier updates each day, and post them on our COVID-19 Resource Center filed under each carrier group name. Please start there for

any questions regarding the coronavirus and your benefit plan coverage.

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

McGohan Brabender

3931 S. Dixie Drive Dayton OH 45439



This email was sent to kfell@mcgohanbrabender.com

Want to change how you receive this email?

Update your [preferences](#) or [unsubscribe](#) from this list

McGohan Brabender emails are powered by **Cerkl®**