



# CORONAVIRUS (COVID-19)

## **TAKING CARE OF YOURSELF**

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March 15, 2020

Dear Valued Team Member,

**During these stressful times, it's more important than ever to take care of ourselves physically and emotionally. Doing these things can help:**

- Practice Social Distancing as much as you can.
- Get plenty of sleep
- Try to eat healthy meals.
- Exercise, meditate, and do other things that relieve stress for you.
- Avoid constant exposure to news about COVID-19.
- Connect with others, and share your concerns with friends or family.
- Maintain a sense of hope and positive thinking.
- Use our Employee Assistance Program at 1-800-854-1446 or [www.unum.com/lifebalance](http://www.unum.com/lifebalance).
- **Know that you are valued by us!**