



CORONAVIRUS (COVID-19)

TAKING CARE OF YOURSELF

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.
- **Know that you are valued by us!**