



Well-being Care Kit

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“
Well-being is the quality of purpose, health, belonging and security in our lives.
”

Dear colleagues,

As a business community, we are stronger together. Over the past several weeks, we've heard questions from many employers related to how companies can approach transitions back into the physical workplace. We believe that one of the most important aspects of that planning is helping to maintain the well-being of our associates and their families.

Importantly, well-being goes beyond just physical health. Well-being is the quality of purpose, health, belonging and security in our lives. And right now, our associates, like yours, are dealing with the complexity of balancing work while supporting the needs of children and caring for their own physical and emotional health.

That's why we wanted to share a set of toolkits we've created to help support associate well-being. In this guide, we've included the same resources we're providing our associates to help them foster a healthy working environment, keep their kids engaged, and embrace self-care.

We hope you find the information we're sharing useful for your own associates' well-being.

Take care. Stay safe.



Tim State

Senior Vice President, Associate Health & Well-being

Connect with us

Keep the conversation going by joining us online at [Humana.com/employer/coronavirus](https://www.humana.com/employer/coronavirus) where we'll share our latest information and resources to help you keep your business and employees safe and healthy.



Creating a healthy work environment

Working remotely & staying connected

It is realistic to assume that working at home (WAH) will become commonplace for many of us for a while. At first, WAH can feel unstructured and isolating. However, there are ways to be successful and avoid going stir-crazy, from setting up a good workspace to the way you talk to your teammates.

This Care Kit is filled with ideas and resources to help you create a productive work environment at home and keep you connected.

Please share this kit with friends and family. If you are working at home with kids, check out the “Keeping kids engaged during the workday” Care Kit.



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Working remotely & staying connected





Getting started

- [New to working at home?](#)
- [How to deal with your new normal](#)
- [Get organized](#)
- [Ideas for creating a home office in a small space](#)
- [How to set up your home office](#)



Building a routine and keeping it up

- [Routines to help you structure your workday](#)
- [How to stay productive when working remote](#)
- [How to collaborate with others effectively](#)
- [How to survive working at home](#)



Taking care of yourself and others

- [Supporting remote team members](#)
- [Work-at-home survival guide for self-care](#)
- [11 self-care rules to live by while working at home](#)
- [What is self-care? \(Tedx talk\)](#)



Establish a rhythm

- To boost energy and improve your focus, [tailor your nutrition](#) for success
- [Master your breathing](#) to help reduce anxiety or improve your sleep
- Spend a few minutes with Bea Harris – [“Feeling of Being In Balance”](#)



Your well-being is important

Well-being is all the things we think, feel and experience in our lives. Taking care of yourself during this time of change requires thinking in new and unexpected ways to ensure you are living what matters to you each and every day. Humana’s Associate Well-being Team created this Care Kit to connect you to resources that can help in the midst of our changing environment so you can continue your personal well-being journey.

Creating a healthy work environment and finding ways to stay connected with your teammates are important parts of your self-care routine. We hope you find these tips valuable and make your days at home run more smoothly.

For more information, resources, and updates, visit [Humana.com/employer/coronavirus](https://www.humana.com/employer/coronavirus).



Ways to thrive

Embrace self-care

Individual quests for well-being are often shaped by the interconnectedness of health, purpose, belonging, and security. Positive steps in one can influence the others, leading to a healthier and more flourishing life. Taking care of all aspects of you will improve your immune system and help keep you and others around you healthy. Now more than ever, it's important to take time for self-care.

This care kit is filled with ideas and resources to support your whole health so you can focus on the people and things in your life that matter.



HUMANA WELL-BEING CARE KIT
Embrace self-care





Emotional self-care

Make sure you fully engage with your emotions, facing them head-on. It's healthy to feel all of your emotions, accept them, and move on. They are not "good" or "bad"—focus on how you respond to them.

- Share gratitude with [free cards](#)
- Keep a [daily journal](#) or use a journaling app like [5-minute Journal](#)
- Talk with someone
- Expand your [emotional vocabulary](#)
- [Laugh a little](#)
- [Sing along to a song](#) that expresses your emotions
- Listen to the [Emotional Health during Trying Times](#) podcast with Bea Harris



Sensory self-care

Tune into the details of the sensations around you, considering all of your senses: touch, smell, sound, and sight. You may be more responsive to one than another, so figure out works for you.

- Cuddle under a soft blanket or [use a weighted blanket](#)
- Go out in nature & enjoy your surroundings ([visit a park](#))
- [Focus on your breathing](#) & do some [breathing exercises](#)
- [Listen to music](#) or [listen to short stories](#) with your eyes closed
- [Boost your mood with your food](#) ([eating mindfully](#))
- [Cuddle with a pet](#)



Physical self-care

Being physically active has many benefits. It helps improve our general well-being by keeping weight off, improving our mood, increasing our energy and ability to get around, and reducing stress. It also improves muscle tone and helps us sleep better.

- Dance to your favorite songs or [Dance Alone Together](#)
- [Do yoga](#) (beginner poses are great)
- Start a [walking](#) or [running](#) plan
- Do some [exercise outdoors](#)
- [Take a power nap](#) and focus on getting a [good night's sleep](#)
- Work with a [Fitbit Care](#) coach to help with your well-being goals



Social self-care

Healthy connections help us lead healthier and happier lives. Consider the relationships that have been of greatest value over the years. These people are important for growth and support. You are not alone, and connection can help us combat loneliness and isolation.

- Join a group of people who share your interests ([Facebook groups](#))
- Join a [support group](#)
- Make time [connect with others](#)
- Sign up for a [virtual class to learn something new](#) and meet new people



Spiritual self-care

Spirituality involves seeing your connection to the bigger picture and identifying the deepest meaning and values by which you live. Your spirituality, in whatever form it may take, can impact your overall well-being, but it may not be necessary for everyone.

- Practice daily meditation or mindfulness: Use apps like [Calm](#) or [Stop, Breathe and Think](#)
- [Read a book or poetry](#)
- [Be creative](#) - art, music, writing, etc.
- Write some [positive self-affirmations](#)
- Create a [gratitude journal](#) by yourself or with an app

Your well-being is important

Well-being is thriving in life, living happy, healthy, and safely in a way that matters to you. Being purposeful in taking care of yourself is important to living well and doing so requires thinking in new and unexpected ways during these unusual times. Humana's Associate Well-being Team created this Virtual Care Kit so you can easily connect with resources and keep your well-being top of mind.

Taking care of yourself and finding a healthy balance is important so you can be better equipped to help your family. We hope you find these tips valuable and make your days at home fun and running smoothly.

For more information, resources, and updates, visit [Humana.com/employer/coronavirus](https://www.humana.com/employer/coronavirus).



Keeping kids engaged during the day

Working at home & keeping kids engaged

With school closures, parents face the task of keeping their children healthy, happy and learning at home. The best way to keep them engaged is to create a structure and routine of some kind. Routines give children a sense of security and stability, so they can continue to learn and grow.

This Care Kit is filled with ideas and resources to help you and your children build fun and engaging daily schedules that will keep them engaged, learning, and help you get stuff done.

These resources are primarily for pre K-9th grade, but some are fun to do at any age!



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Working at home & keeping kids engaged



Education and programs for kids

- [Educational companies offering free subscriptions](#)
- [Free online programs and resources](#)
- [Resources and advice for online learning](#)
- [Free daily online learning courses from Scholastic](#)
- [Resources to keep kids busy](#)
- [Celebrity Online Reading](#)
- [PBS Kids Daily Newsletter](#)



Tour the world without leaving home

- [Virtual field trips you can take from your couch](#)
- [More virtual field trips!](#)
- [Museum Tours around the World](#)
- [Google Arts and Culture](#)
- [Shedd Aquarium](#)
- [Children's Museum of Indianapolis](#)



Resources to help make your day run more smoothly

- [How to manage family and free time while working from home](#)
- Spend a few minutes with Bea Harris – [“Building your personal skills for resilience”](#)



Activity and movement

- [30 Days of LEGO Play Calendar](#)
- [KIDZ BOP Dance Along Videos](#)
- [Brain Break](#) - Movement-encouraging videos for kids
- [Freerice game](#) – learn, have fun, help end hunger by playing games and earning grains of rice
- [Cosmic Kids Yoga](#)



Practice well-being with your kids

- [How Young Kids Can Help in the Kitchen: A List of Activities](#)
- [Activities and online resources for homebound kids](#)
- If you and your kids would like help your community, here are ways to [volunteer from home and how to help food banks](#)



Tips for working with kids at home

- [21 Tips for working at home with kids](#)
- [How to engage your children while working from home](#)
- [How to work from home with kids](#)



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Taking care of yourself and finding a healthy balance is important so you can be better equipped to help your family. We hope you find these tips valuable and make your days at home fun and running smoothly.

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