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## Stay healthy and safe at work

These days, “stay safe” includes protecting yourself against a number of risks ranging from COVID-19 to crisis situations and natural disasters, no matter where you are. Here are some important things you can do to stay both safe and healthy in the workplace.

[Find out more](#)



### Be active in your community

With the weather improving, it is the perfect



### Rebuild your self-confidence

It's understandable if your confidence has

opportunity to spend more time outside. While any exercise is beneficial to your health, being physically active outdoors gives you the added benefit of nature, fresh air and a change of scenery, which we could all benefit from after this past year! Going outside can make a big difference in your energy levels and provide a greater sense of well-being. It can also help you reconnect with friends and family members and inspire others to move, too. Keep reading to learn more!

been shaken lately, given all the uncertainties and shifting responsibilities many of us continue to face. Fortunately, by working with your thoughts, feelings and behaviors, you can rebuild your self-assurance in your abilities to handle challenges, no matter what the situation. Read on to learn more.

[Find out more](#)

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## National Safety Month



Hazardous heat-stress at work can come from a variety of sources, occurring whether you work outdoors or inside, and can lead to serious illness. If you're wearing clothing that keeps body heat in, including face-coverings to protect against COVID-19, it's especially important to follow precautions to cool off and rehydrate. **Here's what you should know.**



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