



Create a healthy work-at-home space

The coronavirus pandemic work-at-home mandates have prompted many people to work in their living spaces on laptops or computers for extended periods, some with makeshift desk set-ups. If not properly adjusted, this setup can create undue muscle strain and impact well-being and productivity. Even if you have a less than ideal working space available, read on for tips to help optimize your comfort and efficiency.

[Find out more >>](#)



COVID-19 and financial stability



Feeling anxious and overwhelmed? Try a

The global coronavirus pandemic and efforts to promote social distancing has greatly affected businesses and organizations, forcing many to furlough or lay off staff, or decrease working hours. Experiencing a sudden change in income can be devastating. You may have a flood of feelings including sadness, anxiety, anger or helplessness over the uncertainty of what comes next. Keep reading to understand options to help you maintain financial stability during this time.

[Learn how >>](#)

mindfulness break

As the global pandemic continues, worrying about our own and our loved ones' health can be overwhelming and distracting, causing us to lose focus. Using simple mindfulness techniques to stay in-and accept-the present moment can help slow down your body and mind, helping you feel calmer while improving attention. Read on to find out how mindfulness can help you better cope with stress.

[Read now >>](#)



Mental Health Awareness Month

In honor of mental health awareness month and given the stress we are all facing during the pandemic's social isolation, it's more important than ever to raise awareness around mental health. Let's Talk. Talking about it is the first step to getting help. Speak up. Show support. Together, we can shatter stigma. [Learn more here.](#) [Take a quiz on depression here.](#)



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