

WELLBEING IN ACTION

A limited edition wellbeing newsletter offering resources, reminders and activities for living and working at home.

FOSTER WELLBEING!

Your health is the number one priority at this time. However, maintaining your **financial health** during this economic slow down is just as important. The initiatives below may lessen the burden and increase your overall financial wellbeing.

Check out the CARES Act

This \$2 trillion coronavirus response bill includes several elements aimed at keeping people engaged in the economy: cash payments, extra unemployment payments, tax return extension, student loan changes, and insurance coverage changes. It also allows HRA, FSA and HSA funds to be used on over the counter medical expenses. See how the CARES Act can benefit you in the **Explore More** column.

Take advantage of low interest rates

Interest rates are dropping as financial markets reflect today's uncertainty. If you have outstanding debt such as a mortgage or student loans, now may be the time to refinance.

Take stock of what you already have

Avoid the impulse to panic-buy. Your pantry may already be well-stocked to supply your family with all you need for many weeks.

Build an emergency fund

The money not spent on your regular commuting, drycleaning, lunches out and entertainment costs can be put towards building your emergency fund.

Contact your lenders

If you are unable to make an on-time payment, contact your lenders, landlord or other creditors immediately. Don't let late payments damage your credit score.



SIMPLY MOVE!

Simple yoga stretches can work on all parts of the body and keep you energized. Try this stretch for the back of your legs.

One Leg Forward Fold

back of leg stretch



NOTE:

Follow words in parenthesis when switching sides.

Sitting tall, extend right (left) arm to side.

Pressing palm toward the floor, slowly drop left (right) ear toward left (right) shoulder.

Hold for 3 - 5 deep breaths.

Repeat on other side.

STAY CONNECTED!

Plan ahead to care for those in your household who might be at greater risk for serious complications. CDC recommendations include:

- Know how to contact your primary care physician or local clinic in case you have questions regarding symptoms.
- Isolate household members who are knowingly exposed to the virus from the rest of the household, preferably with a separate bathroom if possible.
- If you develop fever, cough, or shortness of breath, **STAY HOME!** Monitor your symptoms and stay in touch with your healthcare provider.
- If you live alone and have a chronic medical condition, ask family, friends, and health care providers to check on you.

Get immediate medical attention for the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

EXPLORE MORE!

CARES ACT HIGHLIGHTS

www.forbes.com/sites/leonlabrecque/2020/03/29/the-cares-act-has-passed-here-are-the-highlights/#10a9d1c668cd

TRY A PODCAST

https://greatergood.berkeley.edu/podcasts/item/staying_close_connection_while_self_distancing

HELP FOR PARENTS

www.nationalparenthelpline.org/

Receive emotional support from a trained advocate and become an empowered and stronger parent.