



GBS Health & Wellness

# Tools to Support Self-Care and Wellbeing During the COVID-19 Pandemic

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Our GBS Health and Wellness team is focused on supporting our clients and their populations while they shift their routines and adapt to uncertain times. We know that self-care, mental wellbeing, daily movement, and sleep all play a critical role in maintaining a sense of routine and purpose. Adopting new healthy behaviors during times like these is critical to staying resilient and coming out stronger on the other side.

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## ► GBS Resources

We have several wildcard challenges that are well-suited for supporting remote workers. We have included two of those here, but please contact your GBS Health & Wellness Consultant or Account Manager if you'd like to see more.

- [Work from Home Bingo Challenge](#): Send this to your employees to help them build a healthy work from home routine! Offer a raffle prize or wellness points if you can or encourage employees to post photos of the challenges in action to a company portal or social media page! ([Here's a sample email template you can use to easily send this out.](#))
- [Rainy Day Workout](#): This is an exercise-based challenge that can help your employees stay active even when indoors.

## ► Promotional Resources & Opportunities

We're seeing a growing number of wellness companies extend free trials or offer free access to content to help manage through this time. A couple of ideas we love:

- **Core Power Yoga**: What better time than now to learn or grow your practice! This company has posted a number of full-length [on-demand yoga classes](#) with no registration required.
- **Wellbeats**: This company is offering immediate access to hundreds of exercise, nutrition, and mindfulness classes until April 30, 2020. [Register here](#). No payment details required.
- Some devices are featuring "apps for working and staying at home" in the app store. Keep checking your app store and gym or studio you belong to as we expect to see more free resources made available soon.

**\*Friendly reminder:** *If you sign up for a free trial that requires your payment information, make a note to cancel it before the trial period ends unless you want to continue paying for access.*