



Additional Well-Being Resources for You and Your Family

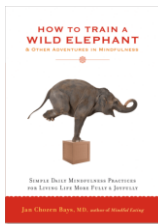
As HR Leaders we know you spend a lot of time caring for other people. But as Ronald Schellekens, CHRO of PepsiCo reminded us, you have to take care of yourself before you can take care of others. Below are some resources we have gathered to help you to take care of yourself and your family during these uncertain times.



healthyminds
innovations


Healthy Minds Innovations

With so much going on in your lives, it can be difficult to focus on one thing. The Healthy Minds Innovations app offers free lessons and guided to meditations to help you train your mind to be more focused, calm, and resilient.



Book: *How to Train a Wild Elephant: And Other Adventures in Mindfulness* by Jan Chozen Bays

Mindfulness has been proven to reduce stress and improve mental and physical health. We know you are incredibly busy and taking time to meditate may seem impossible. In this book you will find short exercises that are easy to do and help you practice mindfulness in your everyday life.



WE Well-being

WE Well-Being Resources

Committing to improving your own wellbeing is hard work. WE Well-Being offers easy-to-use activities and resources for you and your family to help manage stress, sleep, mental health and more.



My Hero is You: A storybook for Children on COVID-19

Managing this uncertainty is difficult on your own, let alone having to worry about how your kids are handling it. Translated in many languages, this story from IASC helps children to better understand the pandemic and provides them with the tools to keep their families and friends safe.



The Happiness Lab Podcast with Dr. Laurie Santos

The key to happiness is not what most people think. Dr. Laurie Santos, professor at Yale, has turned her most popular class into a free podcast. She shares insights through the latest science and inspirational stories to improve your well-being and provides tips on how to be happier every day—all while taking an Ivy League course.