

# Think Tank: Give yourself a break

## Speakers:

**Erica Hanlon, Clinical Counselor**

**Lynn Borteck, Clinical Counselor**

**Angee Bell, Communications Manager**

Erica Hanlon: Hi, everybody. You are listening to The Think Tank Podcast, and I am coming to you from my closet where I am hiding from my family because I need a break. My name is Erica Hanlon, I'm a licensed professional counselor and a life coach, and today I am joined by Angee Bell, our communications manager, and Lynn Borteck, a licensed clinical social worker. You guys want to say hello?

Lynn Borteck: Hello.

Angee Bell: Hey guys!

Erica Hanlon: So today's podcast is all about giving yourself a break, because if you're like me, you got a few things going on. Maybe you're even hiding in your closet like me, away from your family, trying to get your work done because there's so much going on. I just want to know, how are you guys doing with stress? Are you stressing out? How are you doing?

Lynn Borteck: Well, there's a capital YES for me, there's a lot of stress, and I don't even have little kids at home, but it seems as if I am busier and there are more demands on me than ever. So, I would answer a whopping yes to that question. More stress.

Angee Bell: Yeah, I would definitely say stress has increased since COVID has hit. In the world of communications, that definitely means more communications need to come out, people need to be more informed, and so we're finding our workload has increased for sure. But Erica, I know with what you're doing, working from home and being a stay-home parent as well right now, and a teacher, and everything, you've got to be feeling some major stress.

Erica Hanlon: Yeah. I mean, there's definitely some ups and downs and I'm really fortunate because my kids are a little bit older, and so I can hide from

them in a closet if I need to. They don't have to be supervised 24/7, but I think it's okay to say that even just as we were first trying to record this, my eight year old came in with an injury and lots of tears and needing hugs and all those things. So it feels like the interruptions are nonstop, and so my brain having to constantly switch from one thing to the other definitely takes a lot more energy for sure.

Lynn Borteck: That's hard.

Angee Bell: Yeah, and there's pressure to try to do it all, right? Because you want to make sure your kids are doing what they need to do on their computers, then you've also got to meet your work demands, not to forget the daily demands of a household and dinner and cleaning and things like that. It's like there's this extra pressure right now on parents.

Erica Hanlon: 100%, and I think that's universal, at least with all the parents I've been talking to, whether or not they're working right now. Having to all of a sudden play teacher and oversee their kids' educations, having to be with their kids nonstop. I mean, I love my children, they are my special treasures, they are wonderful, but we were not meant to be together all the time. I feel like it just isn't good for us to be together so much. And then they're together all the time, and so there's so much more fighting. So 100% yeah, the stress has really ramped up. Life is stressful enough, and then you throw all this into the mix, being together nonstop and trying to do all the things at the same time. It feels like a lot.

Angee Bell: Yeah, it's crazy times. I can only imagine.

Erica Hanlon: I'm a little jealous of my husband because he ... the childcare responsibilities have really just sort of fallen on me mostly and he is able to work and hide out in the basement, away from everybody. His job just really isn't as flexible as mine is, so that means that the childcare has fallen on me and he is able to kind of be at work really from nine to five and not have to do parenting and homeschooling at the same time. But we were just talking the other night, that since he's had to start working from home, now he works nonstop all the time. There is no leaving work behind, leaving his office. That just isn't a thing. He's carrying his laptop around all the time, he's constantly fielding phone calls from work. It feels like he's having a different kind of stress but he's also I think seeing a real uptick in his stress.

Angee Bell: Yeah. I think there's like this extra pressure, too, on people even if they don't have kids at home, on teleworkers, right? People who have transitioned from working in an office to working at home. It's like this

extra feeling of having to meet your deadlines and meet the goals, and now that you're here and you have your work computer at home, you don't really have to stop working at five o'clock or six o'clock or whenever your shift ends. You could really just finish those couple of emails, you can finish up that thing that you were working on, or the project, or you can get a head-start on tomorrow's work. And before you know it you've worked like through the night or up until dinner time or past dinner time, and you haven't even really taken a break for yourself.

I know when I first started working from home I had that problem. I couldn't really transition very well. It was hard for me to turn off the computer and step away, and I found that I was working way too much, and I took some time to make that adjustment and find that balance.

Lynn Borteck: And I feel the same way. I have found that, these days with working at home, it feels like the expectation is that you're kind of available all the time because you've got your work stuff at home. And so for me, and maybe for a lot of people that put a lot of pressure on themselves, I don't want to let anybody down at any time, and so I find myself checking my email at times when I really shouldn't be. I should be turned off and taking time for myself and my husband and my puppy and not making myself crazy. But I'm having a hard time with that.

Angee Bell: Yeah. It's a hard transition to make, especially when there's so many important requests right now during this challenging time. I think a lot of people are also worrying about the future and what's going to happen. Financially, job security, just the virus in general, this is like worry central.

Erica Hanlon: One thing I'm seeing is that the things people always worry about, they're still worrying about. They're just worried about it more. It's like all those thoughts, all those anxious thoughts, all those stressful thoughts have gotten that much louder. So if you were always worried about money, you're going to be really worried about money right now. If you're always kind of worried about health-related issues, you're going to be really fixated on who's getting sick and where is the virus and all of those kinds of things. I think that a lot of the stressors are the same, but they are just that much more. Even for me, while it's like mayhem here at home trying to balance work and children, I've always had that stress. That stress has always been there, but now it's like ramped up to 10. It feels like.

Angee Bell: Yes, it's like stress on COVID.

Erica Hanlon: Stress on COVID.

Lynn Borteck: Yes, I couldn't agree more, and when you're hearing statistics on people getting furloughed, people getting laid off, and people getting sick and everything else, it doesn't discourage you from being hyper about attending to your job and doing some of the overworking that we've been talking about and over-pressuring.

Erica Hanlon: Well, and then I think for some people there's this expectation that they need to be using this time, right? That they're at home all the time, they need to be tackling all those projects that they've been putting off. They need to finally get control of their health and start working out, or lose weight, or do those projects around the house. I think that there's a lot of pressure to be all about self-improvement and using this time for that.

Angee Bell: Yes, I think it's wonderful that there are so many online resources during this challenging time and people are going crazy posting all of these learning tutorials and different things that you can do during this time. I think that's fabulous. But in my life, I feel guilty that I'm not finding time to do those things, and I feel like maybe I should be sewing 10 masks a day, maybe I should be working out five times a week. Maybe I need to do this, maybe I need to cook an exotic meal. It just feels like I have this overwhelming pressure to do all of these great things that everybody's doing and that I'm seeing right now, and I feel like I'm not doing enough there.

Lynn Borteck: See, and I have that feeling, too, but I've been feeling it in a different way. I've been feeling like I should be doing things for other people because to be honest with you, in the two and a half months that we've been quarantined, I haven't thrown out or organized a single inch of my house personally, which is what everyone is doing. But instead, I have gotten involved in some volunteer work to help elderly people and frail people, and I really love doing that. But that is part of self-improvement and I like that I've gotten into it, but it is one more pressure added to all of the work.

Erica Hanlon: Yeah. I think it's just important to remember everybody's just doing the best that they can.

Angee Bell: Exactly.

Erica Hanlon: Yeah, maybe your best is writing that novel. Maybe your best is finally working out every day. But maybe your best is just the fact that you got out of bed and you got dressed today.

Lynn Borteck: Right.

Erica Hanlon: Maybe that's it, and you're doing great if you did that. Way to go. So I feel like we pretty thoroughly cataloged all the stressors that people are having right now, so what do you do with that? How do you give yourself a break?

Lynn Borteck: So I think you said a very good example, one of the things you can do is set boundaries and really abide by them. You kind of showed us in real life a few minutes ago when your little girl had a scratched knee and she needed a little bit of time from you and then you gave her the time and then you also set up the next thing for her to do. You created a boundary. You gave her the time she needed and you then created a boundary. I think that that's what we need to get used to doing. I think we need to set reasonable boundaries and not feel that we are at the disposal of everyone in the family at every moment, that we do have a right ... even if it's because you were laying down and taking a nap ... that you have a right to have that boundary.

Angee Bell: Yeah, and I think with work you have to set boundaries there too. I know people are limited with different types of roles and different things that they can do, but for me and what I do on a computer, I'm able to kind of block time on my calendar so that I can do things that I need to so I can give myself a break, literally put a break into my calendar so I take that break. I've started to also do different things, like I am trying to not accept eight in the morning meetings. I start right at eight, so I need at least that 30 minutes to go through the emails that I've received, get situated with what I'm going to do that day. If I immediately start on a phone call at 8:00 AM in the morning and then jump to other phone calls, it's really hard to get situated for the day.

I've been trying my hardest to ... if people send 8:00 AM invites, just recommend, "Hey, can we move it out a little bit further?" And usually it's not a problem. I understand that sometimes calendars are tricky and those are the only times that people can meet, so I am flexible where when I need to be, but I'm trying to see and test the waters for where people can also be flexible so that I at least have that time.

Lynn Borteck: You're learning to say no, which is a great thing because we all need to learn to say no at certain times.

Angee Bell: Yeah, because it's so funny, it's like one of the first words you learn as a kid, as a baby, like, "No, no, no," but as adults we start not saying no anymore. It's just, "Yes, yes, yes."

Erica Hanlon: I think that's a people pleasing thing. We're afraid of letting other people down or damaging our image with other people. But people are understanding, and I think they respect when you set those limits and when you say no. One thing that I was starting to work on before COVID hit was putting productive time on my calendar where I would unplug. I would unplug from email, I would unplug from instant messenger, and I would send a message out like, "Hey, if you really need me, here's my phone number and you can call me, but I'm planning on getting some stuff done." And nobody ever called me. Whereas if I had the email up or the IM, I'm still making myself available to people.

Angee Bell: Yeah, that's great because it's impossible to get work done when you're trying to respond to emails and IMs constantly.

Erica Hanlon: The first time I ever tried to do that I got frustrated because I kept getting IMs and emails and I was still getting interrupted. I was talking to my coach about it, and she said, "Why were you logged in?" She was like, "That's not their fault, you are logged in. You are on. You are available. You've made yourself available." That was a good lesson for me to learn.

Lynn Borteck: Similarly, I learned something really important yesterday because I was laid up with a pulled muscle and couldn't do anything. I was just in bed all day. My husband called a couple of times and said, "Can I do anything? Can I do anything?" And I kept saying, "No, no, no, no." And then finally he said, "Weren't you going to go food shopping at some point today?" And I said, "Yeah, I was." And he said, "Well, why don't you ask me to do the food shopping?" And I said, "Oh, I don't want to bother you," and all that kind of nonsense.

And he went and did the food shopping and it taught me that it's okay to ask for help. That's something that I don't tend to do. It's another way that one can give oneself a break because if you're flat on your back because of a pulled muscle, you're not going to get to the supermarket. And if you have someone else in your life who could do it for you, why not ask a favor? If they can't do it, they could say, "No, can't do it today." But it is an opportunity to give yourself a break to let someone else help you.

Angee Bell: Oh, that's so nice. That's nice that he was constantly trying to offer to help when you were down. That's nice.

Erica Hanlon: Well I think it's easy to run around and feel like we have to do everything, right? And we're doing ourselves a real disservice when we

do that. We've got help, many of us have help around us that we're just not tapping into, that we're just not using. I'm even making my kids do chores every single day because if they're home all day, they're wrecking the house all day so they may as well. They need to help clean up. I'm not going to do it all. I ask my husband for help, and we have to reach out. We have to ask for help, I think, or demand it in some cases.

Angee Bell: Yeah, and I found out in the morning, when I blocked off that 30 minutes of time to get caught up with work, I was getting pressured to go out and feed the ducks in the morning, and then I wasn't able to take that actual break to get caught up on the emails and things like that. And so I had asked Chris to feed the ducks and it was no big deal to him. He's going outside anyway, he's getting ready to get in his car and go to work so he's now been doing that for me. He's been letting them out and feeding the ducks and it saves me a little bit of time there in the morning.

Lynn Borteck: I think that's something we forget very often is that when we allow somebody to do something for us, which we should more often, they feel good about it. I'm not hearing anybody talking about people resenting things. People like to help one another when they care about one another. So you're getting a twofer, you're taking a break for yourself and you are making life a little easier for yourself and you're making somebody else ... giving them an opportunity to feel good about themselves.

Angee Bell: Yeah, that's a good point.

Erica Hanlon: What are some other shortcuts people might be able to use to make life a little bit easier right now?

Angee Bell: One thing is dinner. You always got to get dinner on the table in the evening whether you're a parent or if you're single, if you're in a relationship, you got to eat. One thing that I've found that helps is to make out a list of what I'm going to eat that week and make sure I have the food ready to cook it. So make sure things are defrosted in advance, write out my meal plan for the week. That way I have a little bit more structure. I've heard of other people doing like Sunday cook days where they cook a bunch of meals and then they compartmentalize them in little containers and then they have those ready to go for lunch or dinner throughout the week.

Lynn Borteck: I don't do as much of that, but I do have certain nights of the week that I don't cook and that we agree on bringing food in because the

restaurants around us are still doing takeout and we want to support the restaurants in our neighborhood. So a few nights a week we take out and bring it home, which is giving me a break since my husband doesn't cook. Again, it's accomplishing two things. It gives me a break and it's also patronizing our local restaurants. And it's making life easier. I think it's really important, if a lot of us are going to be working at home now or even if we're not working at home, I don't think life needs to be so difficult. I think that we can find ways like Erica just said, "What are some other ways?" I think that there are ways, many ways that we can make life simpler and easier.

Angee Bell: Yeah. I will say my pressure cooker is my new best friend. I use that pressure cooker all the time.

Lynn Borteck: I have another thing that you could do to make life easier.

Erica Hanlon: Yeah?

Lynn Borteck: Well, I think that it's a great time ... I see my daughter is teaching her kids to do certain things. They're very self sufficient anyway, and they cook on their own, they make their own lunch, their own breakfast and stuff so she doesn't have to do that. But she's also teaching them to do a few other things around the house so that it's that much less that she or her husband have to do. Her kids are 14 and 11, they're old enough to do a whole lot of stuff around the house, and there's no reason not to do that.

Angee Bell: Oh yeah. When we were kids, my mom had us washing everything. We even washed the walls. I don't know why, but we washed the walls. You could definitely get your kids to do a lot of things. You can get your kids to do a lot of things.

Erica Hanlon: I read that that's generational though. Like for women who are Gen Xers or Millennials, that having a clean home is less of a status symbol than it used to be and it's more about spending time with your family and those kinds of things.

Angee Bell: That's interesting. I think it's important to take a break. You have to find time for yourself. You got to have that me time. And I think we talked about ways to give yourself a break from work and family, how you can get help from others, but let's talk about how you can mentally take a break.

Erica Hanlon: One thing, is if you can carve out that time for yourself, it's really important especially if you're constantly pulled in lots of different



directions. I just recently started getting up early again in the morning to go for a walk. What's really interesting is that yesterday my eight year old was asking for one-on-one time.

Angee Bell: Awe.

Erica Hanlon: I know, and she's so cute. She wanted some alone time and she wanted to come with me on my walk, and so I woke her up early this morning and we went on the walk together and we came home. It was some great together time, but I did not feel the way I usually feel at the end of those walks. Usually at the end of those walks, I feel great. I've listened to some podcasts or I've listened to nothing and I've just been with my thoughts and I've been outside and just been able to be all Zen and I come home and I'm like, "Whew, I feel great." Today I came home and I was like grrrr. I was so grumpy and just already stressed as when we walked in the door. I didn't have that time. So I realized as much as I love her and I loved having that time with her one-on-one, that time has to be sacred for me now in the morning. It was a good lesson to learn.

Lynn Borteck: It's like walking alone versus walking with a friend. It's really different. Doesn't matter, it's different. I've been finding that even just because the weather has turned nice, thank goodness, even just sitting out on my deck and watching my new puppy run around in the yard is such a great break. First of all I laugh because puppies are so funny and cute and get into trouble and roll around on the grass and everything. And honestly, it's just time to do nothing, which I am starting to give myself approval for. Just time to do nothing.

Angee Bell: Yeah. It kind of reminds me of meditation and things like that. I don't meditate. I have tried to meditate multiple times in the past and when I do, it's great. It's helpful. I love it. But I am really struggling to develop it as a regular habit. But I do think that deep breathing does so much for my mentality when I'm stressed out. And just like with exercising, when you're exercising, you're bringing up your heart rate, you're constantly breathing, especially when I do things like yoga or anything like that where you have to breathe in, breathe out. It's getting all that oxygen to your brain that makes you feel better. I think even when you're stressed and having a stressful time at work or in life, just stepping aside and having your own little time out and taking a couple of deep breaths can really make a big difference.

Erica Hanlon: Yes. Oxygen is highly underrated. You can do it anywhere, you can do it any time. It totally signals to your brain and your body that you're calm. It's so good. And another thing I like to do... okay, maybe I

shouldn't say I like to do it because I run into mental resistance about doing it, but something that works really well for me is to write in a journal. I did that this morning when I was like, "My head's going to explode." The stress, it was building. I was so grumpy. So I got out my journal and I did what I call a thought download ... actually, that's a term I learned from one of my mentors ... where you just write down all of your thoughts. It doesn't have to be like dear diary ... It doesn't have to make sense. It's just writing down all of your thoughts and just getting them out. I find that that is hugely beneficial.

Angee Bell: That's cool. I bet that makes for some pretty interesting reading too.

Erica Hanlon: Oh my God, I'm scared. I would not go back and read it. It'd be horrifying, it'd be so bad.

Lynn Borteck: Another thing that really helps me is when I am uptight or worried about something, I've learned to ask myself this question, "Can I really control it? Do I have any control over it?" For instance, I've been worried about my grown children who have their own households and their own children. I've been worried about their health and wellbeing, and then I have to say to myself when I start getting lost in worry about that ... because I think once you're a mother, it's kind of like hardwired in ... I have to say to myself, "Wait a second. I can't control that anymore. They're grown. They're adults. They have very good judgment and that's not something I can control. I have to focus. If I'm going to focus on using my energy wisely, I can only focus on things I can control like my own health and wellbeing."

Angee Bell: Yeah. That's a good point. And I think last night ... I just had this feeling like I wanted to see my kids. I wanted to go out and go to brunch with them. I just had this craving for social connection. And I started to get down about it and I started feeling depressed about it. And I realized that that was happening in my mind, and I was like, "Wait a minute, you can't let this happen. You can't sit there and dwell on it. This is our reality right now. There are other things I can do, I can call them and connect on video conferences and things like that." So I had to kind of do a little changing of gears in my mind to think about something else because I can't control that.

Erica Hanlon: Yeah, and there's so much right now that we can't control. You can't control coronavirus, you can't control the stock market or the economy, or what your employer's going to do, or what your partner is or is not doing, and whether or not somebody is or is not wearing masks and what the rules are about masks, and all the things, right? Our brain is always looking for threats. It's always looking for those

things that it doesn't like. It's like heroin for our threat loving brains. And you're going to be fixated on things like the news or watching what people are doing or scrolling on social media. And a lot of times it just stresses you out more.

Angee Bell: Yeah, that's a great point. I've been getting these notifications on my phone that send me these daily COVID newsletters.

Erica Hanlon: Oh no.

Angee Bell: Yeah, and they're local to my community so I'm like, "Oh, you know, this county has this many cases of COVID." I'm just like drawn to clicking on it and then I end up reading this entire newsletter and at the end of it, I just feel terrible.

Erica Hanlon: And what can you do about it? You can't do anything about that.

Angee Bell: I know. So I've just been dismissing them every time I see it. I just dismiss. Okay, whatever, it's the same kind of stuff. I've seen it. It is what it is.

Erica Hanlon: I think I read that you can actually turn off ... on some of your social media ... if you like to go to see certain pages or certain groups, but you don't like a newsfeed and the feed that comes up, you can turn it off so that you can just go to the pages and profiles and things that you like deliberately, as opposed to just seeing whatever is popping up.

Angee Bell: Yes, I need to look into that for sure.

Lynn Borteck: So I was going to say that all of these ways that we've listed, taking deep breaths and getting exercise, going running, writing in a journal, focusing on what you can control, limiting the amount of news or social media. All of that stuff is stuff we have to give ourselves permission to do, and we have to actively do it. We can't wait for someone else to do it for us. We have to build up some of those permission muscles that give us the feeling and the right to do those things, to take a break, we have to permit ourselves. We have to be kind to ourselves.

Erica Hanlon: Yeah, I think the brain's default setting is to, one, look for threats, and two, tell you all kinds of negative stuff. Like that you have to do everything, that you need to take care of everybody else's needs, that you can't say no, I think that's just the brain's default setting and so you have to be really deliberate about seeing those thoughts, observing them, and then being able to change them and choose new thoughts that are better for you.

Angee Bell: Yeah, and I think the hardest part about starting any kind of good habit is starting it, right?

Lynn Borteck: Yes, right.

Angee Bell: You have to tell yourself, "Okay, I'm going to do this every day. I'm going to do it. I'm going to put this on my calendar and then actually do it..." Because sometimes before, I've put breaks on my calendar and it pops up and I'm in the middle of something and I'm like, "Dismiss, dismiss. I got to keep working. I got to keep working. I got to keep working." And I don't take that break, and then by the end of the day I feel stressed out still. And what was the point of putting that reminder on there if I didn't actually take the break. I think we have to get started and stick to it too.

Erica Hanlon: Yes. Take your breaks.

Lynn Borteck: I don't think you can do all of it at once. I think you probably need to hone in on something that you think you can change and try doing one thing and then you're going to feel great when that succeeds and when you are getting a break that way. And then maybe add some others as you go along.

Angee Bell: Yeah, it's baby steps. Even if I do end up dismissing that break every now and then, if at least I do take that break sometimes that's okay. I think sometimes you're not going to always have the time to do things so you have to give yourself a break for not taking the break when you should take a break. I don't know.

Erica Hanlon: It's so meta!

Lynn Borteck: Yeah, we don't want to wind up punishing ourselves for not being good at taking breaks. That gets us into the emotional part where you really need to know that it's just okay to get through what we're going through now or to get through whatever pressure that you're going through. You don't need to make an Olympic gold medal out of everything that you do, sometimes it's just good enough that you got through it, like all the COVID quarantining and everything else, because we're humans and we have limits. There's only so much we can do.

Erica Hanlon: Exactly, and I think it's so easy to maybe look at other people on social media or elsewhere and feel like you're failing somehow, that everybody is doing a great job with this quarantine. But you don't know. You don't know what other people are going through and what

they're experiencing and what their struggles are. Chances are they are just as stressed as you are. They yell at their kids. They yell at their kids too, they have dishes piled up in the sink too, and they're plagued with self-doubt too.

Angee Bell: And the fact of the matter is there are going to be people who are probably pretty good at managing their stress and they may not be feeling the same amount of stress as you are and that's okay too. We're not in a competition here. You are who you are and your feelings are real.

Erica Hanlon: Yeah. I kind of feel like given my credentials, that I'm kind of an expert at stress management. We talk about it all the time. I teach it all the time, all those things. And this is hard. It's really hard. Even knowing all the tools, it is so hard. It's hard to do.

Angee Bell: Yeah. You have to give yourself a break, right?

Lynn Borteck: You can validate all of these feelings just by reading all the articles in the newspaper and everything, talking about what an unprecedented challenge we're going through. It's not like any one person is feeling stressed out and everybody else is just la-di-da about it. It's pretty easy to get validated that way, that it is a lot and you need to be kind to yourself.

Erica Hanlon: Mm-hmm (affirmative), give yourself grace, give yourself that break. Don't be so hard on yourself for not getting through it all bright and shiny and smiling through this whole thing. It's okay to not be okay, and maybe use some of those tools we talked about. Writing in a journal, taking deep breaths, focusing on what you can control. Working through your emotions because you've been through hard things. You've come through hard things before and it's okay. It's okay to not be okay. It's okay to just get through it.

Lynn Borteck: We've been talking a lot today about ways that you should be giving yourself a break or that you can give yourself a break, and the bottom line is if you have a hard time giving yourself a break, you might want to talk to somebody about it and you might want to talk to a counselor or some other expert in the field of managing emotions and so forth, a life coach or a therapist or something like that. That could prove to be really, really helpful to you.

Angee Bell: Yeah. I know a lot of counselors these days are using televideo, so you don't even have to have the stress of leaving your house. You can sit there right at your home and connect with a counselor through your

computer and through your video conference. I've done that before and it was actually really, really helpful to talk to someone and talk about my feelings and what I've been going through and have someone listen to me.

Erica Hanlon: Yeah, if you're interested in meeting with a therapist, I would check with your benefits, see what's covered. If you have Employee Assistance Program benefits, you might have access to free short-term counseling. A lot of insurance now has to cover mental health services as well. Maybe check and see if you can find a therapist who's in network and maybe who specializes in whatever it is that you're working through right now. It's a really great resource.

Lynn Borteck: So, having talked about and really learned some new tricks about giving ourselves a break, I'm going to take a break right now and go for a walk.

Erica Hanlon: I love it.

Thanks everybody for joining us today, and tune in next month when we talk about happiness, which we all need a little bit of right now, for sure. Bye!

Lynn Borteck: Bye!

Angee Bell: Bye guys!

## Resources For Living

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