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**LifeNotes**



If you feel the world has turned upside down, you're not alone. More than ever, we may feel unsafe in our personal or work life because of events well beyond our control from health concerns because of COVID-19 to protests and riots in reaction to inequalities in our society. June is National Safety Month—and LifeNotes has some mindful ways to protect your mental and physical safety while improving your well-being and reducing anxiety. Plus, watch for some tips to help you move from a household filled with conflict and chaos to a home where family members can happily co-exist.

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### Read:

Finding your safe space:  
Ease anxiety and increase  
your coping skills

How to handle the stress of  
job insecurity amid COVID-  
19

Dealing with food insecurity  
during the pandemic

[Read here](#)



### Watch:

Communication skills with  
your household members

[Watch here](#)



### Well @ Work:

Making a safe return back to  
the workplace

Easing anxiety in anxious  
times: Taking care of  
yourself on the job or  
working from home

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If you are experiencing trauma, whether from the pandemic or civil unrest in your community, EAP has [emergency resources](#) available to support you.

Want to talk to someone for more help and resources? Call us at: 866-219-1232

Are you a manager? Don't forget that our team of professionals is here to support you with leadership challenges. You can call in for help with personal development or team management, or learn more online.

These non-insurance services are provided by Humana EAP and Work-Life Services. This is a general description of services which are subject to change. Please refer to your Human Resources contact for more information.

Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws.

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Humana  
500 West Main  
Louisville, Kentucky 40202

GCHKDJYEN SP2085