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**LifeNotes**

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Mental health matters, now more than ever. May is Mental Health Month and LifeNotes has some mindful ways to help you cope with the stress and anxiety of the pandemic. You'll learn tips on other aspects of your life that have an impact on your mental health, from managing your financial well-being to busting myths about working from home. And to help combat isolation from social distancing, watch to discover how to stay social and upbeat during COVID-19.

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### Read:

Coping with coronavirus

Practical tips for managing  
your financial well-being

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### Watch:

How to stay social and  
upbeat during COVID-19

[Watch here](#)



### Well @ Work:

3 common myths about  
working from home, busted

[Click here](#)

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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.

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Humana  
500 West Main  
Louisville, Kentucky 40202

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