



August 2020

How to Get Into a Vacation Mindset, No Matter What Life Looks Like Now

By Jen Fisher

We can all agree that this year has been unlike any other in recent memory. It's no wonder so many of us are searching for ways to protect and prioritize our well-being, amidst all the stress, uncertainty, and unsettling headlines. Taking time off is one way — but an *important* way — to recharge, especially during challenging times. It's a pathway to feeling more refreshed, rested, and even hopeful.

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How to Cope With the “Start-Of-Workday” Blues

Studies show that ‘start-of-workday’ moods stay with you all day long and affect job performance and productivity. The more you focus on dread, the more it grows — nibbling away at you like torture from half a million cuts.

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Indoor Summer Activities to Mix up Your Quarantine Routine

Our quarantine days may be routine, but they’re anything but normal. If you’re itching to mix up your routine this summer and try some new activities, this list is for you.

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Your Ultimate Guide to Working



From Home Productively

But as anyone who has worked from home knows, it's not as easy as it looks. Remote requires a different time management and communication, as well as additional resources.

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Alera Group 3 Parkway North, Suite 500, Deerfield, IL 60015

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