



April 30, 2020

TO: Texas A&M AgriLife

SUBJECT: AgriLife Human Resources – Working Remotely, Together!

Wellness Corner – Blue Cross Blue Shield

Most of our lives have been impacted by COVID-19 over the last few weeks, and we hope you are all staying safe and healthy. Listed below are four podcasts with tips to stay active and committed to your wellbeing goals during this time of social distancing.

Available Resources:

- Stay calm and protect your mental health by [Finding Your Balance](#) while quarantined.
- [Tips for Healthy Fridge & Pantry](#) – Ideas for preparing healthy meals with foods you have on hand.
- Try these [Relaxation Techniques](#) to keep stress at a minimum and reduce its effects on your life.
- Take steps to [Limit Tobacco Use](#) during the pandemic.

While this may not be the 2020 vision you had in mind, your wellbeing goals can remain on track. Blue Cross and Blue Shield remains committed to sharing more resources and tools to assist you and your employees during this time.

TED Talk

1. A simple way to break a bad habit, Judson Brewer, 9.17 minutes
https://www.ted.com/talks/judson_brewer_a_simple_way_to_break_a_bad_habit#t-299484
2. What makes a good life? Lessons from the longest study on happiness, Robert Waldinger, 12.4 minutes
https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

Retirement + Early & Mid-Career Planning

AgriLife Benefit's Retirement Savings & Planning webpage <https://agrilifeas.tamu.edu/hr/benefits-retirement/> provides information for early- & mid-career retirement planning as well as a guide to preparing for retirement. Contact agrilifebenefits@ag.tamu.edu for more information or to set up a time to discuss.

Just For Fun

South by Southwest is streaming, via Amazon, a 10-day film festival from April 27 to May 6. Viewers will be able to access a range of documentaries, narrative films, short films, and episodic titles with or without an Amazon account.
<https://www.amazon.com/adlp/sxsw>

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