

Q4: We're In This Together

Q4 can be an overwhelming time. It's important to remember to take care of yourself so you don't burn out.

Here are some suggestions for things you can incorporate into your daily routine during Open Enrollment (and beyond):

- Build 10 minutes of meditation time into your calendar a few times a week
- Take an early-morning yoga class or go for a walk before you start your day
- Step away from your desk to take a lunch break; think about getting outside if you can
- Cook or order dinner and enjoy time with your family at the end of the day

YOU'VE GOT SUPPORT

If there's anything we can do to help, please reach out!



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