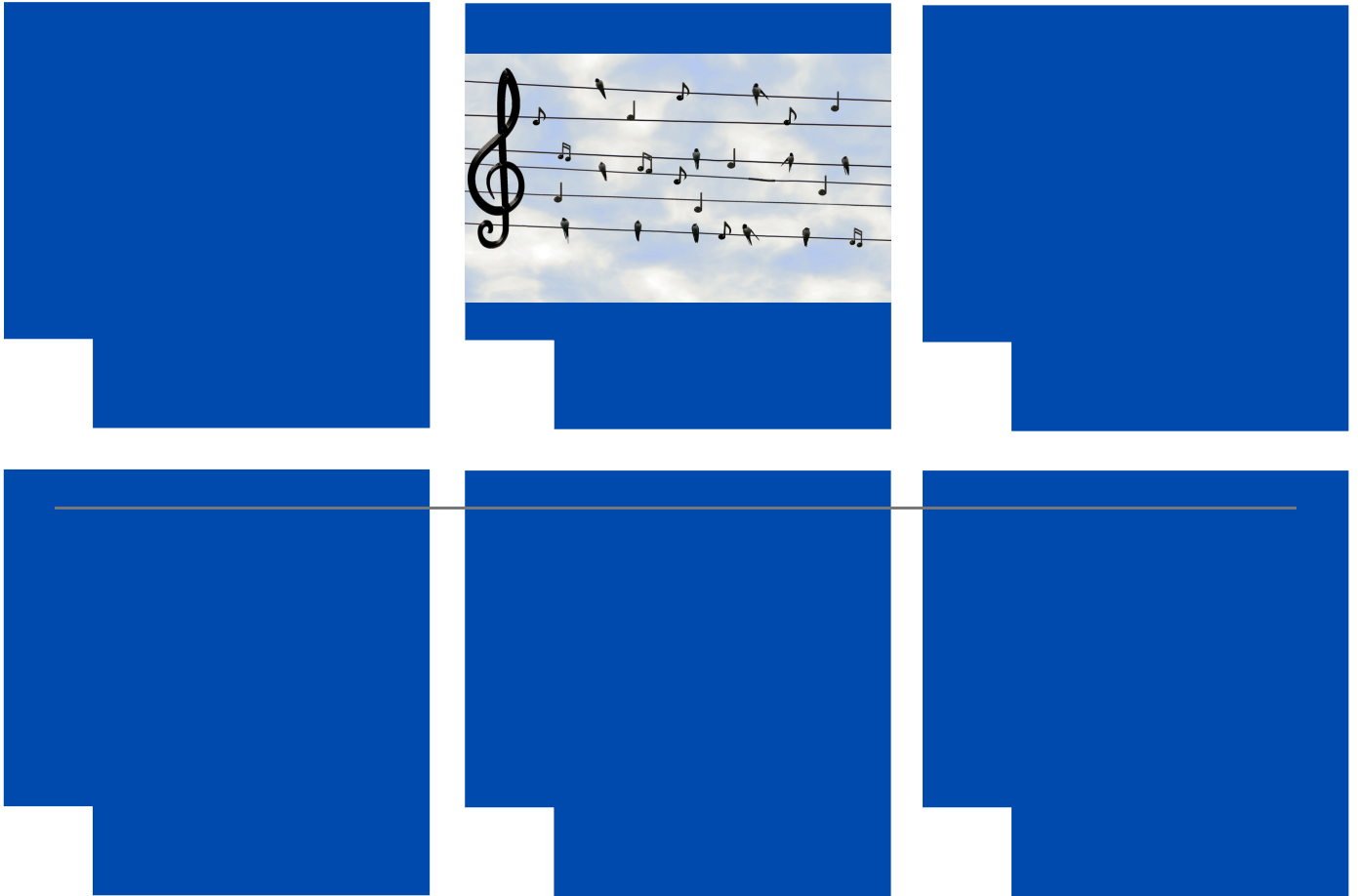


# a few notes

## Topic: Listening to Music



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Since ancient times, music has been used to improve our health and mental well-being. And during the current coronavirus pandemic, music – whatever kind you enjoy – can play an important role in improving your mood and lowering stress. So in today's employee check in, we ask that you take a moment to find a tune that you like that will help you navigate through this day and help improve your mental well-being.

Click here for [Source](#)