

# a few notes

Topic: Feel Better



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

The pandemic has changed life as we know it. These changes can be hard, but there are ways you can stay mentally and physically healthy during this time. In today's Envision Employee Gathering, we discuss 14 ways to feel better. Here are some things to get you started. Get outside, get active, do something new, limit social media, and finally go easy on yourself. We all deserve a break. [Click here for Source](#) .