

You've almost certainly received dozens of emails by now, with guidance on everything from hygiene best practices to places you should avoid. This is not that kind of email. I want to share some thoughts with you that I hope will help you cope and lead through these trying times.

1. **Don't stay plugged in 24/7.** The big news will make its way to you. Take action accordingly, but let's not allow COVID-19 to consume our every waking thought.
2. **Use technology to lean into your relationships.** Carve out time for video chats (via Facetime, Google Hangout, Zoom, and others) with your family, friends, and teammates.
3. **Take care of each other.** The major life changes are going to impact some people, perhaps you, financially. If you're in a position to pay it forward, order food for a friend who might have lost most of his/her work.
4. **Get outside!** Sunlight and breeze are good for the body and mind. Let nature help you in the weeks ahead.
5. **Exercise.** We know that daily exercise is good for our hearts, our muscles, and our minds. If you haven't downloaded the [Team RWB App](#) yet, I encourage you to do so right now. We have daily virtual challenges to motivate you to break a sweat. In the process, you'll push out cortisol/stress hormones and generate endorphins to feel better.

All of us, especially our veterans, have faced and overcome significant adversity in our lives. At Team RWB, we use #BornForTheStorm for a reason. While no one wishes for the storms of life, they are inevitable. It's critical to know that we are born for these challenges. We are equipped to face them head-on. Just as importantly, we are prepared to lead others through these storms.