

Take care of yourself while you're taking care of clients.

Find balance in a time of social distancing.

As a financial advisor, you're probably used to busy, often unpredictable days. But the current global pandemic means uncharted territory for us all. Many of your clients are likely feeling anxious about their assets and looking to you for reassurance. And if you're working remotely to help slow the spread of the coronavirus, you might feel like you have to be "on" 24/7.

Try scheduling these **three daily mental health breaks**:

1 Step outside.

Whether you walk the dog around the block, go for a run, or just sit in your yard with the sun on your face, spend some time outside your home. While you should continue to practice social distancing, the fresh air and break from your screen will offer both mental and physical benefits.

2 Get Zen.

Indulge in something that brings you calm. Whether it's a cup of tea, reading fiction in a cozy chair, meditation or something else, schedule a Zen break. If you need help, the [Calm](#) app offers collections of meditations, mindfulness tools, nature scenes and music for focus, relaxation and sleep.



3 Get (virtual) face time.

Your company is probably encouraging you to substitute in-person client meetings with video conference calls. Embrace technology. And while you're at it, get virtual face time with a friend or family member who can help you feel less isolated. It's good for your mental health. And what's good for your mental health is good for your clients too.

Self care is essential to client care. This “oxygen first” approach helps keep you on top of your game so you can deliver the best care to your clients.

As a global company, we've been connecting with people across geographies, time zones and markets for nearly 100 years. We're committed to continuing to deliver timely, relevant thought leadership on our [blog](#) to help you stay connected to market news — and your clients.

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