



# THANK YOU, Essential Workers!

We *see* you ...  
we're *grateful* for you ...  
and we're here to *support* you.

You know who you are – the healthcare professionals, grocery-store workers, bankers, communication and transportation personnel, manufacturers, and all others who don't have the choice to "Stay Home" through this COVID craziness.

Please know that you're not alone in this – and use these resources to help you through this weird (and often incredibly difficult) time:

- Our friends over at Healbright created a **FREE** mental wellbeing course. Check out the [free public course here](#), and feel free to share with your family and friends too!
- Check out the **Challenges-of-the-Day** to inspire movement, mindfulness, and morale!
- Join or create a wellness challenge with coworkers. Check out the **Contests** page to get started.
- Take a look at available [discounts and freebies offered to healthcare workers](#).
- [Check out these discounts and freebies](#), available to anyone.
- Reach out to your friends, family, and coworkers to stay connected.
- Check out your city or state website – they're likely offering aid (food, supplies, shelter) to essential workers.

Log in for more ways to keep your wellness in check >>

[app.sbwel.com](https://app.sbwel.com)

