

March 18th, 2020

Hello,

The last several weeks have felt overwhelming and confusing for many people as we work to get a handle on what is happening in the world, and how it is affecting our lives. This is especially true as the lines between home and work are becoming increasingly intertwined and our habits and routines disrupted. Our stress levels are up from helping aging parents who are at risk, working from home while managing kids being forced out of school, canceling vacation plans, or fearing a financial impact on our businesses and families. There is a LOT of contradicting and confusing information from various "experts." We don't necessarily know where or who to turn to because many of us have never been in a situation like this.

The reality is S---t happens, whether we like it or not, and how we deal with uncertainty is our personal choice. I have felt conflicted on how to navigate this situation professionally and personally. I am also very blessed because my work is literally to support people dealing with all types of life challenges that affect their day-to-day lives. These people all have to embrace a new reality that they can't fully control or grasp, however what gives them strength is their ability to seek help and resources to improve the situation.

As our communities are increasingly asked to restrict themselves with limited human contact, is there a way to maintain the human connection we need? The decisions and recommendations from leaders around remote work, and avoiding public gatherings places in places we cherish like worship, sports arenas, and schools are literally causing feelings of isolation and loneliness, among many other emotions.

*What if there was a place where you can talk to someone who's been in your shoes, who has experienced the exact emotions and overcome the challenges you are experiencing and is here to help you find support, relief and/or positivity?*

LifeGuides exists and was created for this exact reason, to help people during their struggles. During times like these, we all need empathetic and personalized support. Our Guides offer human connection and are here to make sure you and your people get the support they need. In response to this pandemic, we've added a topic to assist people with the stress and challenges we are all currently experiencing.

We're all in this together and I am here to support you. Our Guides are a doorway to a broad range of carefully vetted and dynamic just-in-time resources curated by our community, including:

- Working from home
- Preparedness
- Immune system health
- Talking with your children
- Best vetted resources (online)
- Caregiving - inside the home and at distance
- Work-life family disruptions
- How to educate children at home/virtually
- Stress management
- Finding inner peace and emotional well-being

We can provide you and your team [immediate access](#). Let me know how we can be service to you!

Derek Lundsten

President & CEO

