



VS

COVID-19 

Whether you're working onsite as usual, or adjusting to work-from-home life (with or without kiddos), or even temporarily not working at all, the Sonic Boom platform is an excellent way to stay connected and engaged (and feeling as healthy and energized as possible) during these uncertain times...



Top 5 ways to get the most out of Sonic Boom during COVID-19 self-isolation

1 Create custom contests!

A custom contest is one of the best ways to stay connected with your coworkers - even if you're not physically in the same office right now...

Not sure where to start? Try these:

Make Moves

Spend at least 30 minutes each day exercising



Power of Positivity

Send a message of positivity to one person each day



Pet Patrol

Spend an hour each day with your pet (walk the dog, play with your cat, etc.)



Get Outside

Do an outdoor activity or simply take in some fresh air for an hour each day



Immunity Kitchen

Boost your immune system with a healthy snack (at least 2x per day)



No-Phone Zone

Spend at least one full hour per day without devices



Breathe

Spend at least 30 minutes each day meditating, doing yoga, or deep breathing



Phone-a-Friend

Call or video-chat at least one friend or family member per day



2 Check out our Mental Wellbeing videos

Explore the custom *Mental Wellness Under Quarantine* course in the Academy



And check out our other courses on Nutrition, Finances, and Sleep



3 Caught Ya – (COVID-19 Edition)








"Catch" yourself being healthy by snapping a selfie of your healthy quarantine activities



"Bust" yourself for those not-so-healthy activities (like bingeing TV shows or candy!)

Check out your colleagues' posts and comment to stay connected and inspired!

4 Challenge-of-the-Day

-  Read the challenge each day for some stuck-inside inspiration!
-  Comment (and respond to others' comments)
-  Share a photo of the creative ways you're staying active and mentally sound.
-  Look out for our new **Message-Board Monday** and share your thoughts about the COVID-19 crisis.
-  Check the bottom of each challenge for the **COVID-19 – Social Distancing Tip-of-the-Day!**

5 Reach out to us!

We're here for you – reach out to us through the mobile app or directly at social@sbwell.com.

Log in for more! >>

app.sbwell.com