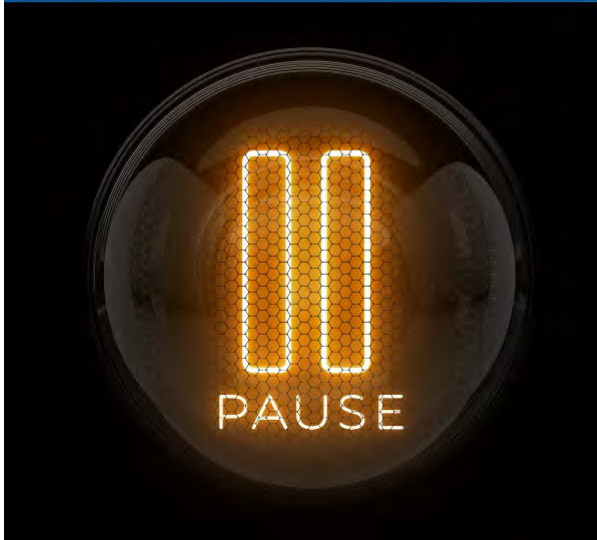




The IntegrITS Weekly Digest



Checking In

Welcome to this week's edition of *The IntegrITS Weekly Digest*!

As the months, weeks, and days go by, it becomes increasingly apparent that “unprecedented times” are here to stay. We’re facing wars, political crossroads, racially motivated mass shootings, and so much more. In light of everything going on in our Nation...and the world, we felt it necessary to reconfigure our plans for today's edition of *The IntegrITS Weekly Digest*. We will postpone the Team Spotlight series until next week.



Instead of giving you more information to process today, we would like to give you the opportunity to pause and check-in with yourself. Take the time you would normally use to read the Digest and stop to reflect on how these “unprecedented times” are affecting you.

If you have trouble focusing, we found a guided breathing video that might be a helpful tool for you: <https://youtu.be/TXNECaIJPDI>.

If, upon reflection, you find that you need support processing these things, we want you to know you are not alone. We have built-in support for the IntegrITS Family through our [Optum Employee Assistance Program \(EAP\)](#). (Company Access Code: Insperity)

We've discussed our EAP in previous newsletters, but as a reminder, employees seeking support are confidentially connected to an EAP consultant who will help them connect to a range of services:

1. Manage stress
2. Find support for anxiety, depression, or substance use
3. Improve relationships at home or work
4. Find childcare or elder care resources
5. Get advice on finances
6. Access legal services
7. Find other resources or support

This is a confidential resource and, as the Optum website notes, "We do not share personal information about your use of EAP with your employer."

We have our eyes on the future
While history has its eyes on us

There is always light
If we are brave enough to see it
There is always light
If we are brave enough to be it

-Amanda Gorman, National Poet Laureate

Though the issues we face are overwhelming, we believe there is "light" to be found as we seek support and we support one another. Let us all be reminded to carry our Company values of integrity, friendliness, mutual respect, good citizenship, and loyalty as we interact with one another and our customers. May the IntegrITS Team be known for being "brave enough" to be a source of kindness, strength, and support to those around us.

Tip of the Week

One of the resources we recently discovered to be a part of our Employee Assistance Program (EAP) is the [Sanvello](#) app. Our EAP website describes the Sanvello app as offering, "clinical techniques to help dial down the symptoms of stress, anxiety and depression — anytime."

The app provides daily mood tracking, coping tools, guided journeys, personalized progress, and community support. This resource is available at no extra cost to the Employee through our EAP program.

Learn more about the Sanvello app and sign up here:
<https://www.liveandworkwell.com?pin=Insperity&redirectURL=/en/member/library/sanvello.html>.

Coming Soon: *Team Spotlight*

Thank you for "pausing" with us today. Join us next week as we pick back up with our Team Spotlight series.

Comments/Questions?

If you have any comments or questions about this week's newsletter, email us at news@integrits.com.

We have also created a website where we are storing the archives of all our newsletters to date: <https://integrits.com/digest-archives/>.

Have an incredible week, and we'll see you next Thursday!

Warmest Regards,
The IntegrITS Weekly Digest

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