



A Message from Human Resources

Tangoeroos,

As much of the world approaches the shortened daylight hours of late autumn and early winter, it's especially important that we focus on wellness and self-care. This time of year, although filled with holidays for many, can often be a time layered with stress.

Your HR team would like to remind you that all employees have access to free resources that can help you become more mindful about your physical and mental wellbeing, while also providing practical strategies for managing stress.

**Between now and the end of the year,
keep an eye out for a series of weekly emails called:
Taking Care of YOU**

Here are some of the areas we'll be highlighting each week, including content to help you get started today:

LinkedIn Learning – A Powerful, Personal Resource

This online educational platform is available to all Tangoe employees and includes hundreds of courses around health and wellness. To get started, here's a short course we highly recommend:

- [Supporting Your Mental Health While Working from Home](#): In this **17-minute course**, learn how to train your brain to overcome disruptions and distractions, accept and get real about your emotions, reframe your expectations, and preserve your relationships.

NOTE: If you haven't yet activated your LinkedIn Learning account, [click here to do so](#)

Charity Miles – Motivation to Move

Countless studies have shown that staying active helps relieve stress, improves sleep, and boosts your overall mood. Research also indicates that modest amounts of exercise can make a real difference.

If you're looking for motivation to get active, download the Charity Miles app, and every mile you walk, run, or bike will be turned into money for charity! Become part of the Tangoe community that has already moved nearly 13,000 miles (21,000 km) since September!

If you haven't started using Charity Miles, here's how to get started:

- Step 1: [Download the Free App](#)
- Step 2: Create an Account with your Tangoe email
- Step 3: Choose any Charity & Complete the Onboarding
- Step 4: [Join Tangoe's Private](#) Team (Use Code: DXJDKDDC)
- Step 5: Get Moving & Make a Difference

Free Wellness Apps – Smartphones Can be a Tool for Selfcare

There are many ways we can use smartphones to boost our wellbeing - including an assortment of free apps. Below are two we recommend:

- [Smiling Mind](#): Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.
- [Streaks](#): Streaks is the to-do list app that helps you form good habits. Every day you complete a task, your streak is extended.

Related Podcasts – Inspiring Stories, Conversations, and Strategies

Podcasts are a great way to learn, open your mind, and expand your knowledge while attending to other tasks. Below are just two of our top podcasts picks that can help enhance your wellbeing:

- [The Ultimate Health Podcast](#): An interview-style podcast that includes world-class experts in the health & fitness community. Topics include lifestyle, nutrition, fitness, self-help, sleep, meditation, and spirituality.
- [The Model Health Show](#): In the #1 Health & Fitness podcast on Apple, Shawn Stevenson interviews world-renowned experts on the topics of health, fitness, nutrition, personal development, and more.

We're living through an especially stressful time, and it's normal to feel overwhelmed or anxious when trying to juggle personal and professional obligations. We hope these weekly resources help you side aside time each week to **take care of YOU**.

If you have questions about any of these available resources, or if you have ideas of your own that you would like to share, please send an email to HR@tangoe.com or Rocco.Lungariello@tangoe.com.