

Dear [client name],

We find ourselves in uncertain—and sometimes stressful—times. As we take measures to protect ourselves physically, we can’t forget about our mental health as well.

Things we can do:

* Take a break from the news. *(It’s good to be informed, but too much information can be overwhelming.)*
* Call a friend, FaceTime or Skype family.
* Get outside for some sunlight and fresh air.
* Brush off an old hobby or pick up a new one.
* If you have a pet, spend more time with him or her. *(Pets are scientifically proven to reduce stress!)*

As always, I want to hear how you’re doing. Although my office hours are [hours], [days of the week], you can contact me anytime by email or phone. I’m here when you need me.

Take care,

[your name, contact information]



Dear [client name],

In this unprecedented environment, we need the strength and support of a community. Whether family, friends, neighbors, your church—all of these relationships play an important part in getting us through.

That’s why I’m here. Whether you want to change your coverage, check to ensure it still meets your objectives, or just to talk, I’m available. I can help provide some certainty and comfort knowing that you and your loved ones are financially protected.

Feel free to email, call, or [add video conference option like Skype, include contact information]. Although my office hours are [hours], [days of the week], feel free to contact me at your convenience.

Take care,

[your name, contact information]

|  |
| --- |
| Dear [client name],  Social distancing, shelter in place—we’ve had to change our daily lives for the common good.  As you spend time at home, now may be the perfect time to consider re-evaluating your life insurance coverage to ensure it meets your goals. A quick policy review may provide a sense of financial certainty and control in this otherwise volatile environment.  Whether by phone or video chat, let’s set up a time to talk and find some peace of mind. I’m here when you’re ready.  Take care,  [your name, contact info] |