

# Keep Calm & Wash Your Hands

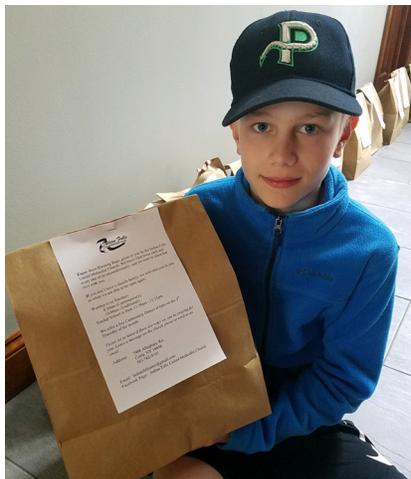
We hope you and your families are staying safe and healthy, both physically and emotionally. We are here to offer weekly tips and suggestions on how to do this, as well as how to stay connected with your colleagues whether you are at home or still reporting to an office location.

- Remember to breathe. Just like meditation, it can be used to your advantage in so many ways. It's our body's built-in stress reliever. Here is a [10-minute exercise](#) to help you feel soothed and calm.
- Take a break and [enjoy these colorful, inspiring illustrations of hope](#) from 50 artists from 20 countries around the world.
- At National Fuel, we are committed to fostering a diverse and inclusive workplace. Here are [eight ways that you can help fight racism](#) in your community.

## Fast Facts

- If you need help, time, or space to work through the impact of current events, please speak to your manager or contact Human Resources. As a reminder, all employees can utilize the Liberty Employee Assistance Program, a confidential and free counseling resource. They can easily be reached at 1-800-835-5012.
- Last week, employees came together to raise \$655 for the American Cancer Society simply by participating in a workout class via Zoom. The Company agreed to match up to \$500, bringing the overall total raised to \$1,155. I'm so proud of our National Fuel family!

## Faces of Fuel



**Pictured:** Lee Hartz, Assistant Vice President with responsibility for Consumer Business and Risk Management, shared this photo with us. The Hartz children - Everett, 14, Zachary, 10, and Elena, 7 - collected donations to put together 200 bags of food, school supplies, and games. They provided the bags to their local school district to be passed out in conjunction with its ongoing free school lunch program. According to Lee, Zachary (pictured here) wears a hat everywhere since Lee cut his hair about a month ago.

We want to continue to highlight how our employees are brightening our communities. No act of kindness is too small! Please share your stories and photos with us by emailing Jessica Reagan in Corporate Communications at [reaganj@natfuel.com](mailto:reaganj@natfuel.com).

**"You have witin you, right now, everything you need to deal with whatever the world can throw at you." - Unknown**

June 3, 2020

From the desk  
of Amy Shiley