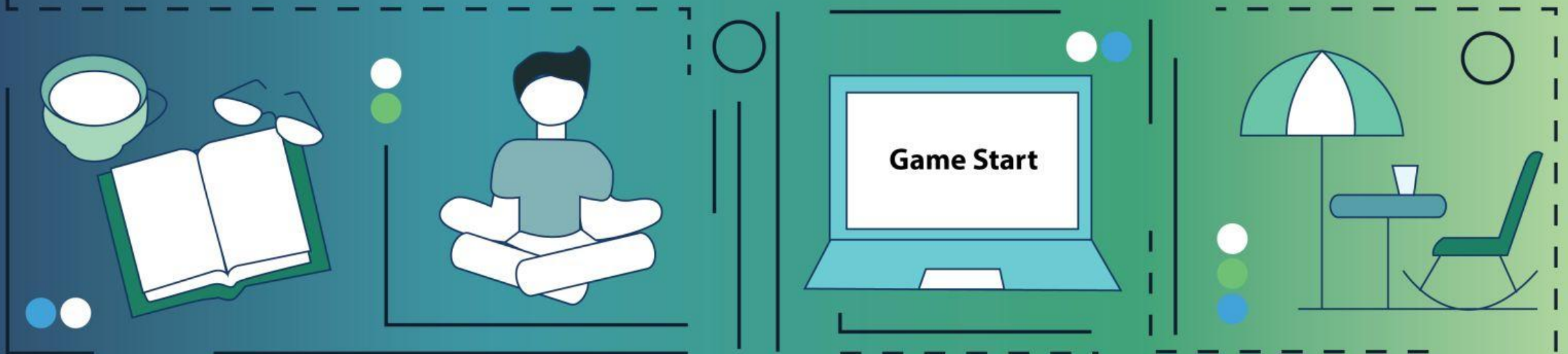
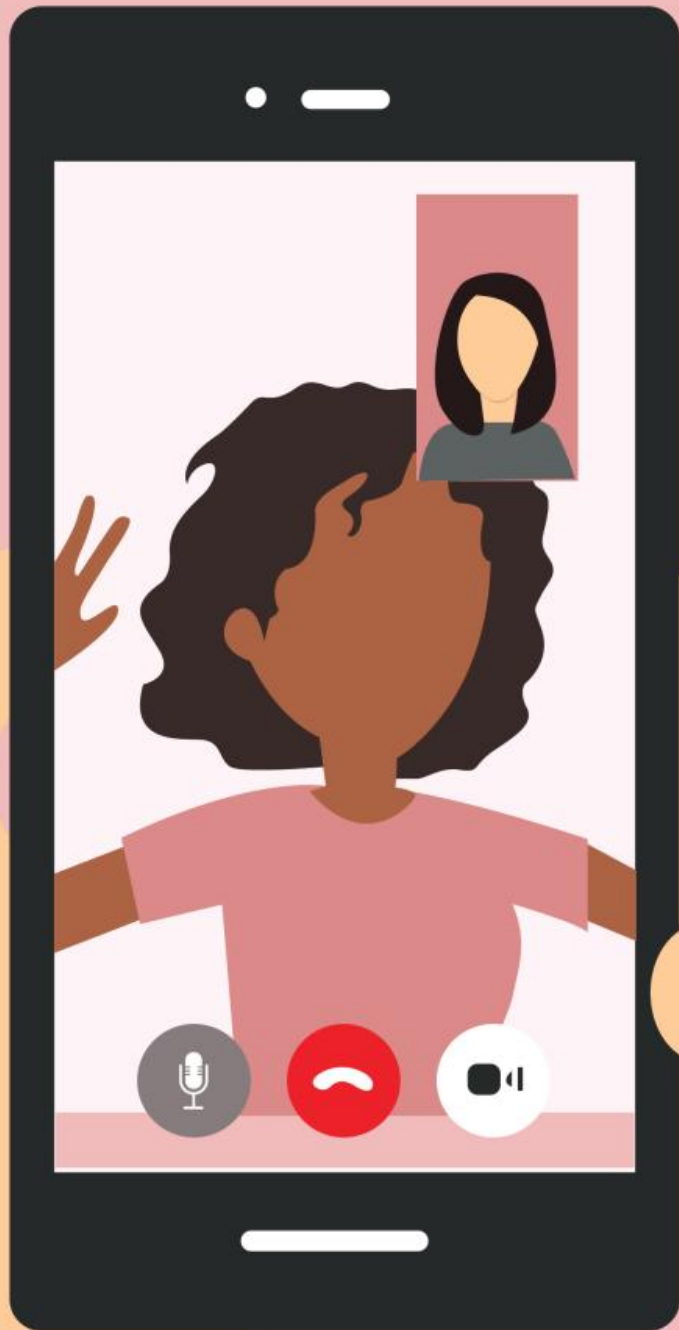




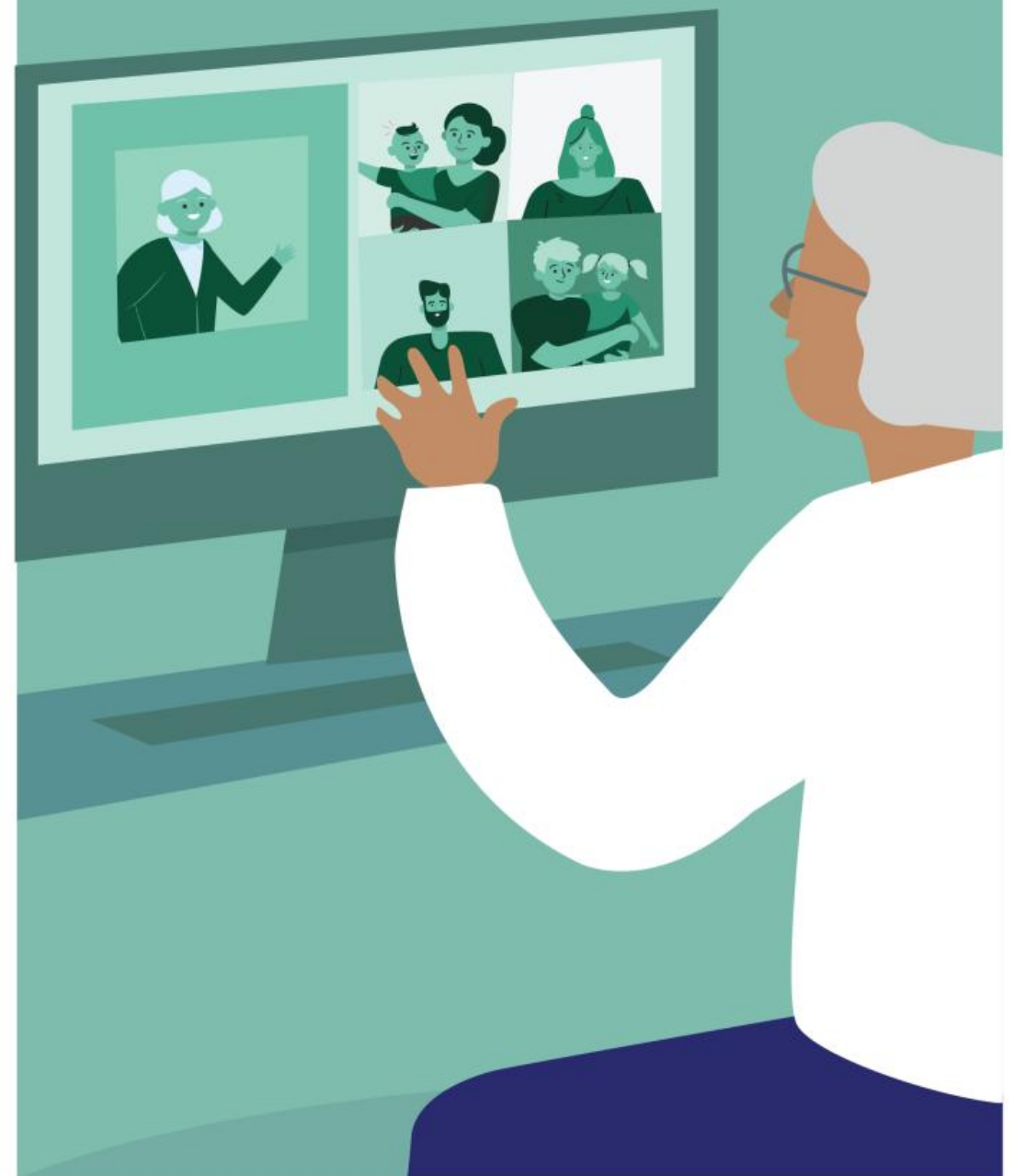
Care for yourself one small way each day



Remember you're not alone.



Find new ways to safely connect with family and friends, get support, and share





Head outdoors and get moving.

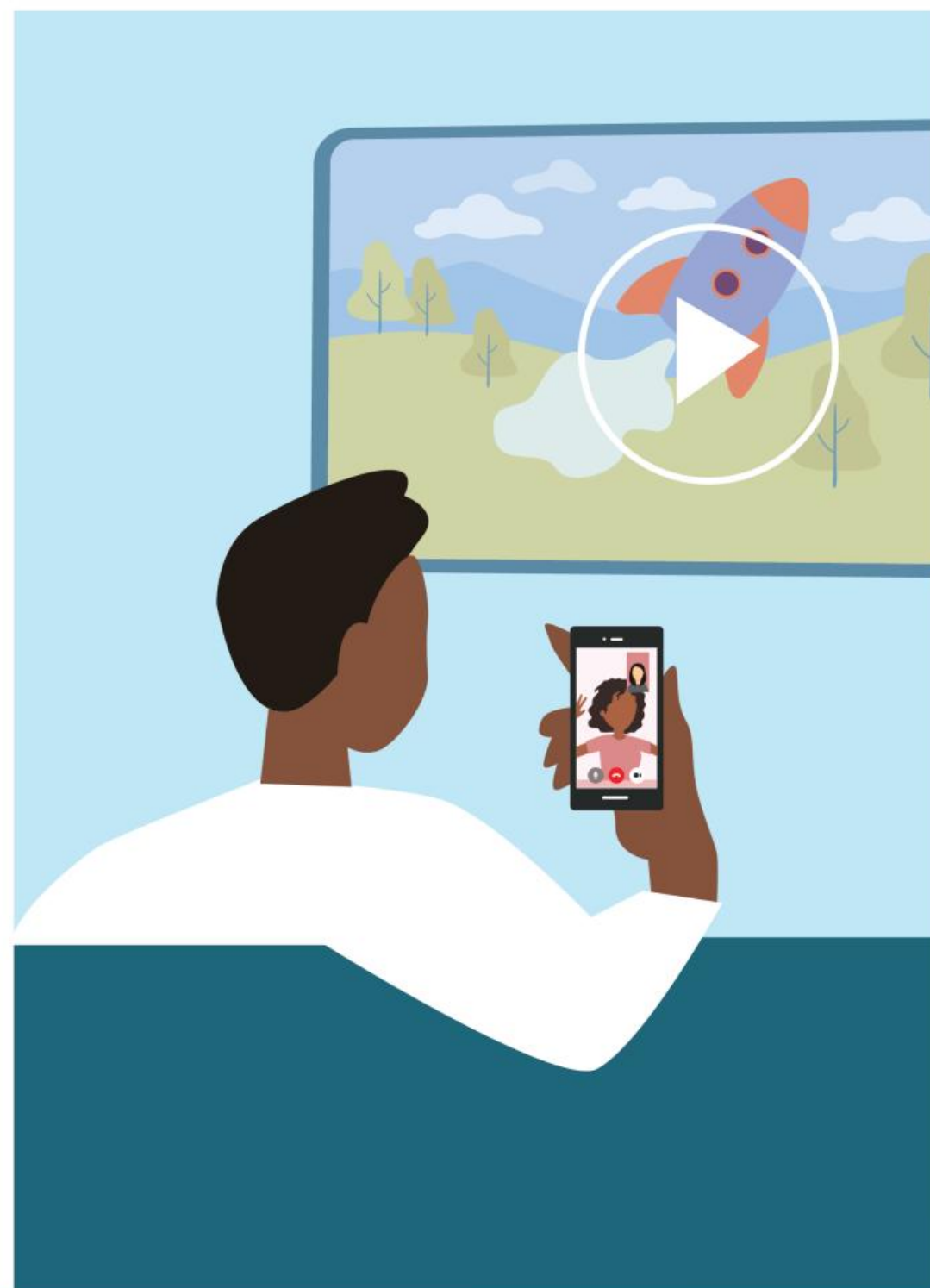


Take care of your body and get moving to lessen fatigue, anxiety, or sadness.

**Treat yourself to healthy foods
and get enough sleep.**



**Find creative ways to safely spend
time with friends, like virtual movie**





Take breaks to relax and unwind through yoga, music, gardening, or new hobbies.