

WELL-BEING

during isolation

1

Be kind with yourself and accept your feelings.



2

Improve your sleep.



3

Eat well and healthy.



4

Practice mindfulness.



5

Keep exercising...at home!



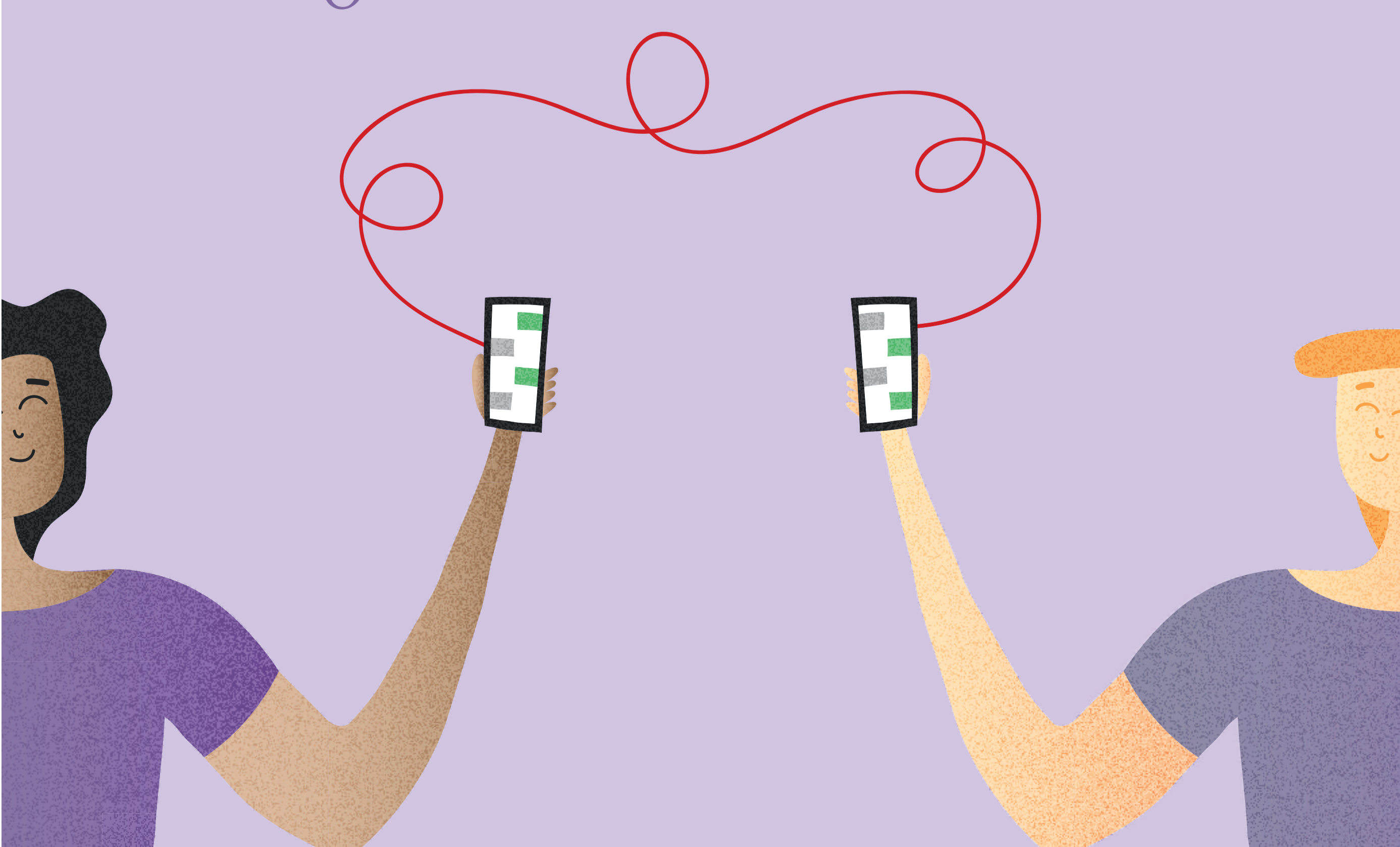
6

Distinguish facts from rumors.



7

Connect with others... you are not alone!



8

Ask help if you need... you are not weak!

