

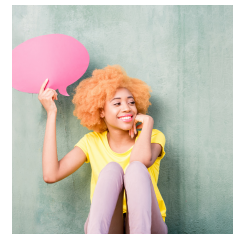
Care for Your Mental Health



Staying home for long periods of time can be hard.



There are things you can do to stay well and be happy.



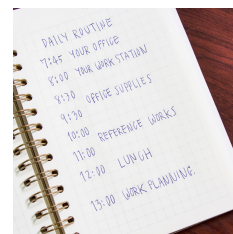
Ask yourself "How am I doing?"



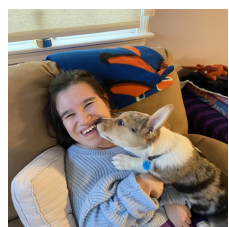
Keep telehealth appointments with therapists and doctors.



Jake checks in with other people on social media.



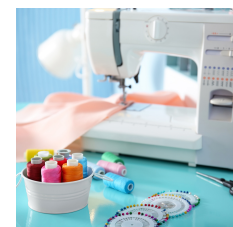
Luke loves having a daily routine.



Emily plays with her new puppy.



Victor spends time outside with his family due to the pandemic.



Andrea is taking a class online to learn how to sew.

Care for Your Mental Health



Take a break
from news and
social media.



Kaitlynn likes to
exercise with her
zumba class
using Zoom.



Give yourself a
pep talk when
you are feeling
down.



Read your
favorite book or
magazine.



Play games to
keep your brain
sharp.



Jake listens to
music and videos
with upbeat
messages.



Victoria creates
new art.



Arif reads positive
quotes to keep a
positive outlook.



Jake follows a well
balanced diet.