

PRACTICING

# HEALTHY HABITS

DURING COVID-19



*stay connected*

REACH OUT TO FRIENDS  
AND FAMILY VIA SKYPE,  
FACE TIME, TEXT, EMAIL



*talk feelings*  
WITH LOVED ONES IF  
YOU ARE  
COMFORTABLE

*relax*

TAKE TIME FOR YOURSELF TRY  
PRACTICING BREATHING  
TECHNIQUES



*pace yourself*  
BALANCE STRESSFUL  
ACTIVITIES WITH FUN

*stay positive*  
TRY JOURNALING ABOUT  
THE GOOD THINGS THAT  
YOU HAVE GOING ON



*limit media exposure*  
BUT STAY INFORMED