

TAKING CARE OF MYSELF WHILE PRACTICING PHYSICAL DISTANCING

It's hard when so many outlets and activities are canceled during the Covid-19 pandemic. Here are some ideas of how you can take care of yourself at home. Try and do something from two areas each day.



BEGIN BY MAKING A DECISION ABOUT ONE THING YOU CAN DO TODAY.

Make a good decision; it doesn't have to be the best one. Making a decision focuses your attention and reduces worry. Decide to take the next right step!

AND REMEMBER TO WASH YOUR HANDS!