

This is a serious
time.



And there are
things you can
do, and
remember, to
help yourself.



Cover your
nose and
mouth.



Wear gloves to
both protect
and complete
the ensemble.



Practice social distancing.



Do your job
when possible.



Sometimes a
nap may be
just what
is needed.



But REM sleep
is crucial.



Celebrate by
yourself, or
celebrate
yourself.



Don't sweat a
bad hair day.



Stay safe on
necessary outings.



But stay home even
when you would
rather not. It won't
be forever.



Exercise is still
important.



Share when
you can.



Use your self
comforting
methods.



Remember we
all feel cooped
up sometimes.



Keep working
toward your
goals.



Some alone
time is okay,
even healthy.



Keep yourself
fed and
watered.



Stay close to
the ones you
(safely) can.



Maintain your
hygiene, it's also a
morale boost.



Listen to and
talk with those
you trust.



**Acceptance of the
circumstances is hard.
But this is also a time for
growth as individuals
and as a nation.**

See you soon!

Star 

