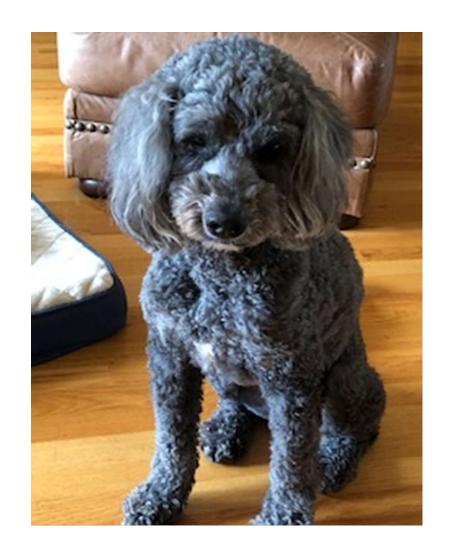
This is a serious time.



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



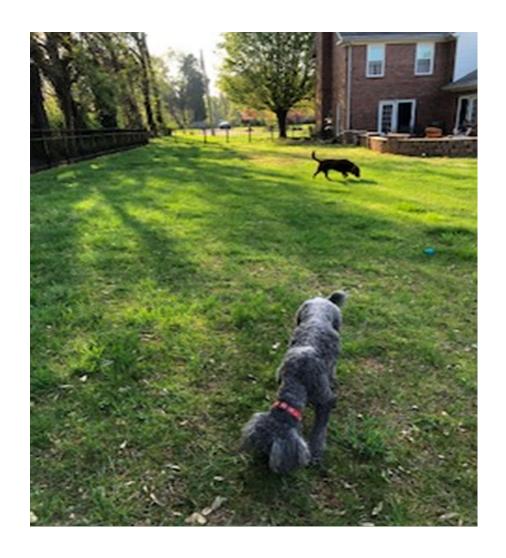
Cover your nose and mouth.



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.



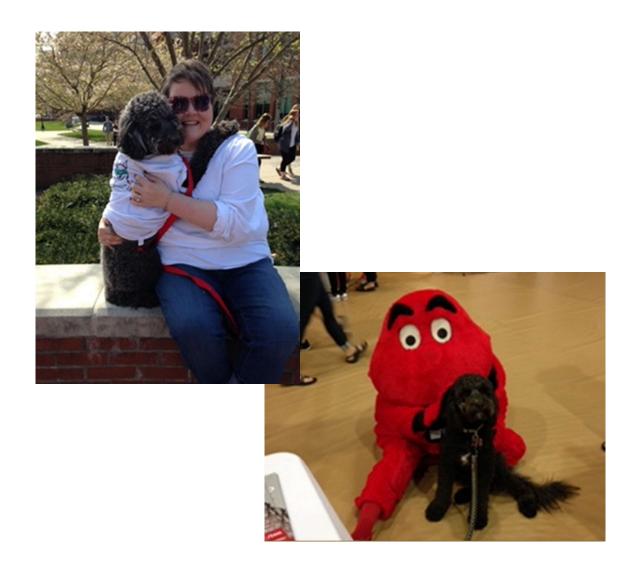
Some alone time is okay, even healthy.



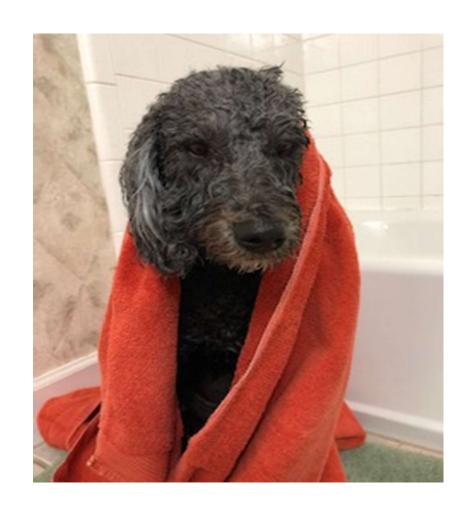
Keep yourself fed and watered.



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 >



