

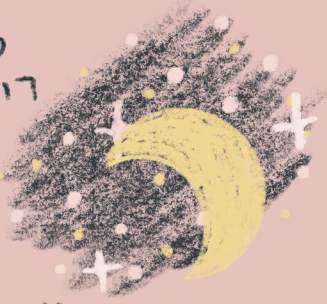


MOVE YOUR BODY.



GOING ON
FAM
FRIENDS/
CALLING
SOCIAL DISTANCING
SCREEN
BEARS
COOKING
STAY HOME
READING A
BOOK
ACCEPTING

LIE IN THE GLASS.



NATURE IS NOT CANCELLED. LOOK UP AT THE SKY.

FOCUS ON WHAT YOU CAN CONTROL.

BE PRESENT.

IN THE PRESENT, NOTHING YOU'VE ANTICIPATED HAS HAPPENED.



IN THIS MOMENT, YOU ARE OKAY.

BREATHE — REALLY FEEL THE BREATH COMING INTO YOUR NOSE, DEEP IN YOUR BELLY, AND SLOWLY OUT THRU YOUR MOUTH.



CONTROLLED ~

FIND BALANCE IN THE THINGS YOU'RE THINKING.



THIS IS SURVIVABLE. YOU ARE RESILIENT.

- * BE COMPASSIONATE
- * BE PATIENT
- * BE KIND



KEEP TRYING ♡.

ACKNOWLEDGE WHAT YOU FEEL. MAKE ROOM FOR THAT FEELING.



IT IS OKAY TO FEEL AFRAID, SAD, CONFUSED, UNMOTIVATED, ANGRY, etc.

THE WORLD HAS CHANGED & THINGS WILL BE DIFFERENT.



REMEMBER: THIS IS TEMPORARY — EVEN THO IT DOESN'T FEEL THAT WAY.