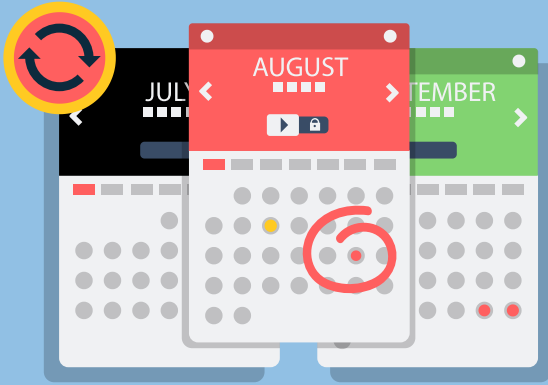
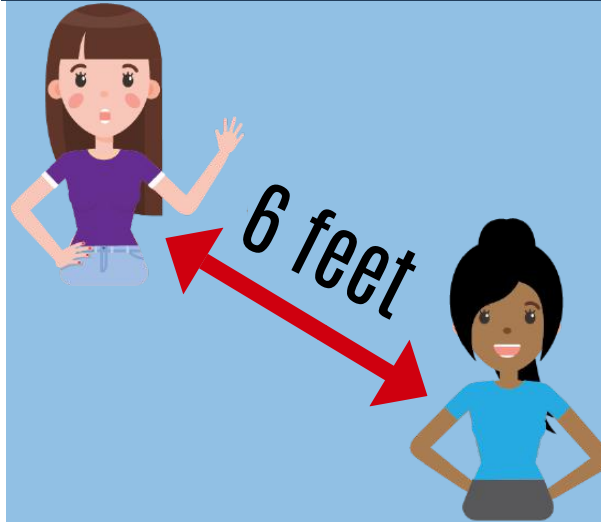


# WELL-BEING in ISOLATION

The pandemic has lasted longer than I thought it would.



People are still social distancing.



This sometimes makes me feel lonely, especially around the holidays and special occasions.



I can do things each day to help me feel good:



I can take care of my body by taking a shower, taking my medicine or vitamins and drinking water.

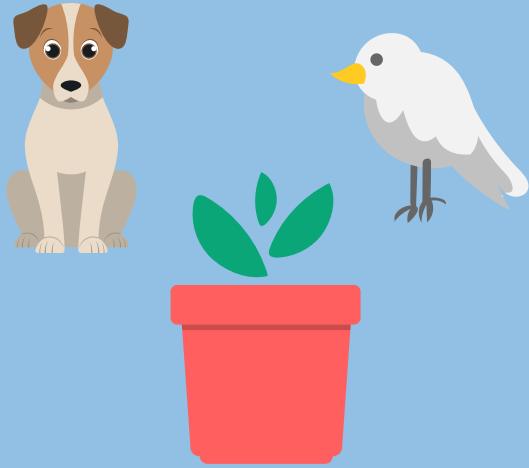


I can clean one thing/space in my house like a room or a closet

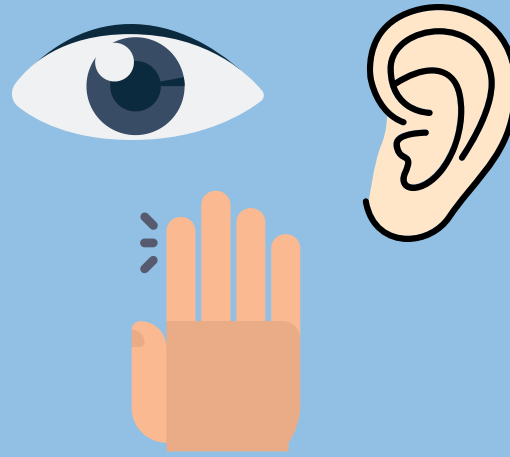


# WELL-BEING in ISOLATION

I can take care of something that grows or lives with me, like a plant or a pet



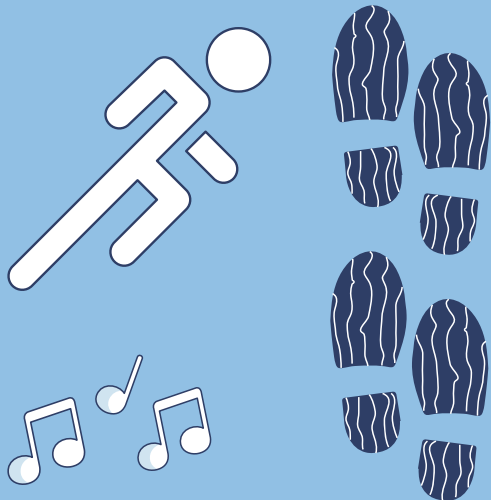
I can pay attention to the things around me that I hear, feel and see



I can connect with someone who doesn't live with me by text, email, phone call or video chat



I can take a walk, go for a jog, dance, or do anything that gets me moving!



I can watch a funny show or movie or tell a funny story to a friend or family member



If I try to do two or three of these things each day, it can help me feel better when I have to stay home.

