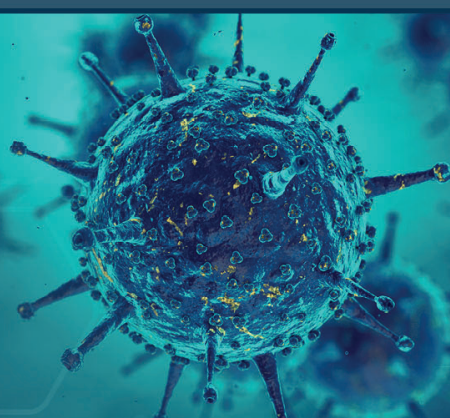


SELF-CARE IN SELF-ISOLATION



STAY HEALTHY

• Stay Connected •

Video calls

Reach out to others

Positive online communities

• Stay Calm •

Mindfulness

Maintain spiritual life

Use social media carefully

Ration news content

Read a book

Plan your day

Be productive

Play online games with friends

• Deal with Conflict •

Walk away when you can
STOP - THINK - BREATHE

Make a rota

Reach out for help

Sleep healthily

