MENTAL HEALTH IS AS IMPORTANT AS PHYSICAL HEALTH.

HERE ARE SOME OF THE THINGS YOU CAN DO TO TAKE CARE -

1. TAKE BREAKS FROM WATCHING, READING, OR LISTENING TO NEWS STORIES, INCLUDING THOSE ON SOCIAL MEDIA. IT'S GOOD TO BE INFORMED, BUT HEARING ABOUT THE PANDEMIC CONSTANTLY CAN BE UPSETTING.

2. TAKE CARE OF YOUR BODY.
TAKE DEEP BREATHS, STRETCH, OR MEDITATE.
TRY TO EAT HEALTHY, WELL-BALANCED MEALS.
EXERCISE REGULARLY.
GET PLENTY OF SLEEP.

3.MAKE TIME TO UNWIND.
TRY TO DO SOME OTHER ACTIVITIES YOU ENJOY.
CONNECT WITH OTHERS.