SELF-CARE DURING COVID

The whole world has been affected by the COVID-19 pandemic these past few years. Uncertainty about the future, adjusting to working from home and job loss are only a few of the many things people have had to go through. It is normal to feel all sorts of emotions.

- Eat healthy foods
- Exercise
- Get 7-8 hours of sleep, the more the better
- Journal
- Limit social media time
- Seek help (It's okay to not be okay!)