

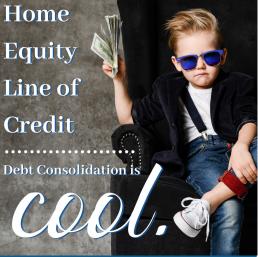
STAYING OPTIMISTIC

The COVID-19 pandemic is challenging us in ways we could never have predicted just a few months ago: from unprecedented amounts of family time, to homeschooling, to working remotely — or not working at all. These sudden, rapid changes in the way we live, coupled with uncertainty, can feel overwhelming. We want to encourage you to stay optimistic. It will not be this way forever. This is a difficult time, but it is just that — a time. It may be tough right now, but consider the things you have managed really well. Think about the physical, logistical, mental, and emotional struggles you may have encountered in the last month and the good — even great — way you approached and handled those challenges. Go you! Remind yourself of what is good in your life. Some circumstances right now may be hard to change or contribute to your feeling helpless, but there are other things in your life that are good and inspire gratitude. Making a list of the good things that you appreciate — large or small — can help shift your focus in a positive direction. Do your best and let go of the rest.

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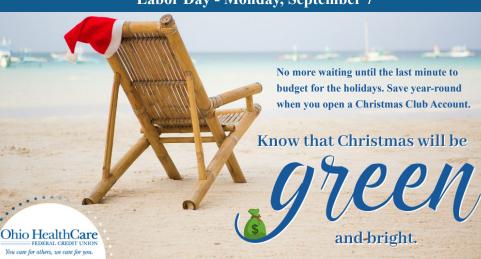
STAYING EMOTIONALLY WELL

Though there's much about the coronavirus outbreak over which you have no control, you can choose to embrace the kinds of practices that will keep you and your loved ones safe. You can choose how you will receive and consume information about the outbreak. In the midst of a stressful season or situation, many self-care practices are the same ones that prove helpful in everyday living:

- Maintain your normal routines
- Connect with family and friends
- Eat well and stay active
- Get adequate rest
- Do enjoyable activities; and
- Employ coping skills that nurture your spirit, like mindfulness exercises, or prayer

While it feels like there is a lot we can't control amidst concerns over the coronavirus, every one of us can make choices to stay emotionally healthy.

HOLIDAY CLOSURE Independence Day - Saturday, July 4 Labor Day - Monday, September 7



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Believe you can, and you're halfway there.

-Theodore Roosevelt

feature on our app!

