

14 WAYS TO FOCUS ON *Your Well-Being*

1 **CONNECT** with Friends & Family

Call loved ones. Use video chat platforms.

2 **HELP & Support** Others

Do something for someone else.

3 **TALK** About Your Worries

Designate a time for this so it's limited.

4 **LOOK** After Your Physical Well-Being

Eat healthy foods and drink water.

5 **GET** Adequate Sleep

Establish a regular sleep pattern.

6 **IMPLEMENT** a Daily Schedule

Get a routine in place.

7 **MANAGE** Difficult Feelings

Focus on the things you can control.

8 **LIMIT** Your Media Intake

Choose how often you consume news.

9 **GET** the Facts & Clarify Confusion

Go to trusted sources for information.

10 **DO** Things You Enjoy

Include meaningful activities in your routine.

11 **SET** Goals

This helps you get out of the current moment.

12 **KEEP** Your Mind Active

Learn something new.

13 **TAKE** Time to Relax

Focus on the present.

14 **GO** Outside & Be in Nature

Ensure you practice physical distancing.

