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.

Focus on the things you can control.
Ensure you practice physical distancing.