

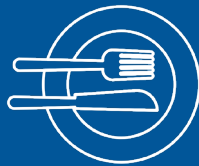
Mental wellness



Take breaks from social media



Help others if you can



Ensure you are getting regular and good quality nutrition, sleep, and exercise



Connect with friends & family in a way that keeps you and others safe like telephone and video calls

