

Five tips to get you through the coronavirus pandemic



1 Stay Healthy

(physical strength & immune system)

- Sleep, diet, indoor exercise, deep breathing



2 Stay Positive

- Control the information you take in
- Try to find positive stories



3 Stay Connected

(even with physical distance)

- Send a caring message via social media or phone, etc.
- Show compassion for those who are hit hard



4 Stay Thankful

- For those who are saving lives and supporting our daily life



5 Stay Focused

- Don't let coronavirus distract your attention from what really matters
- Envision a future beyond the coronavirus pandemic

