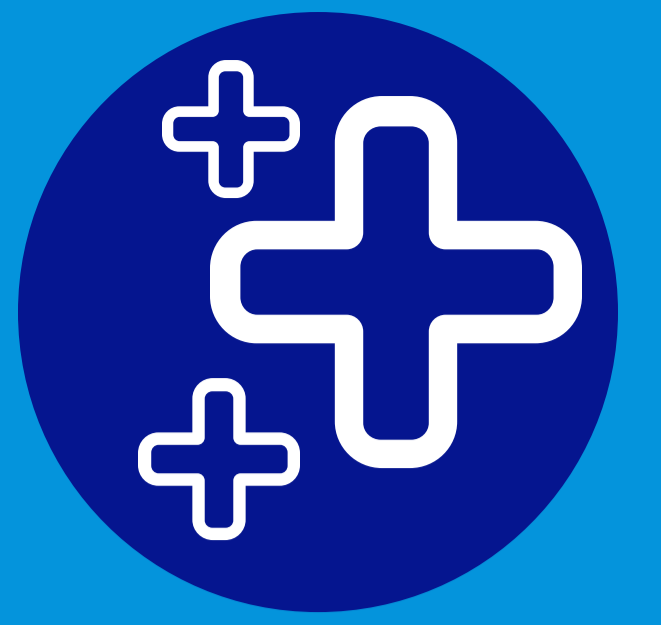


Tips to help you Stay Positive



DURING COVID-19



STAY ACTIVE

Exercise, clean, dance, walk or stretch – move your body for at least 30 minutes every day.



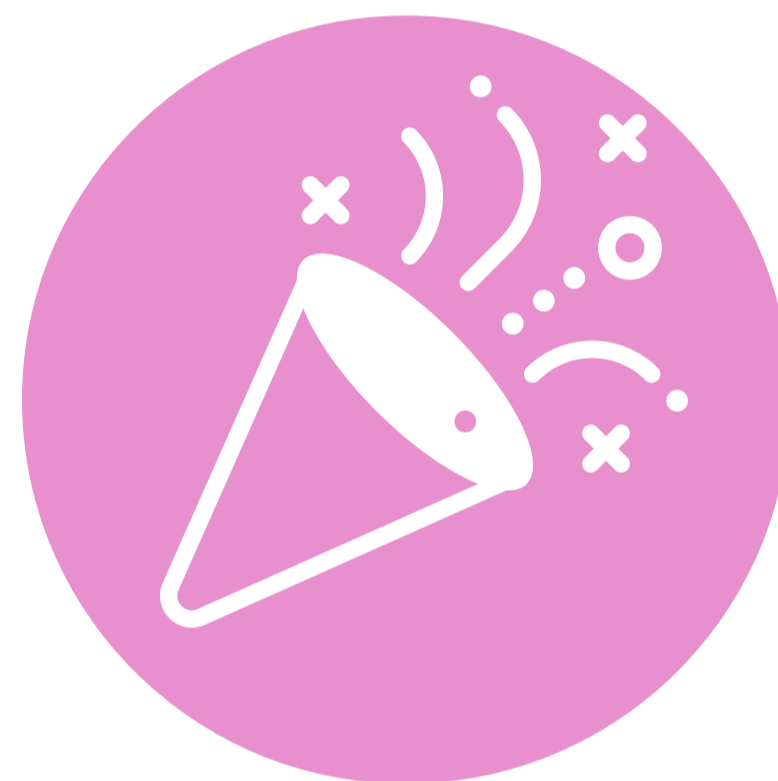
STAY CONNECTED

Text, call or video chat with friends, teammates, coaches and family.



STAY INFORMED

You may be seeing a lot of confusing information - ask questions if you aren't sure what to do.



HAVE FUN

Do something you love or try something new like: jump rope, cooking, drawing or gardening.



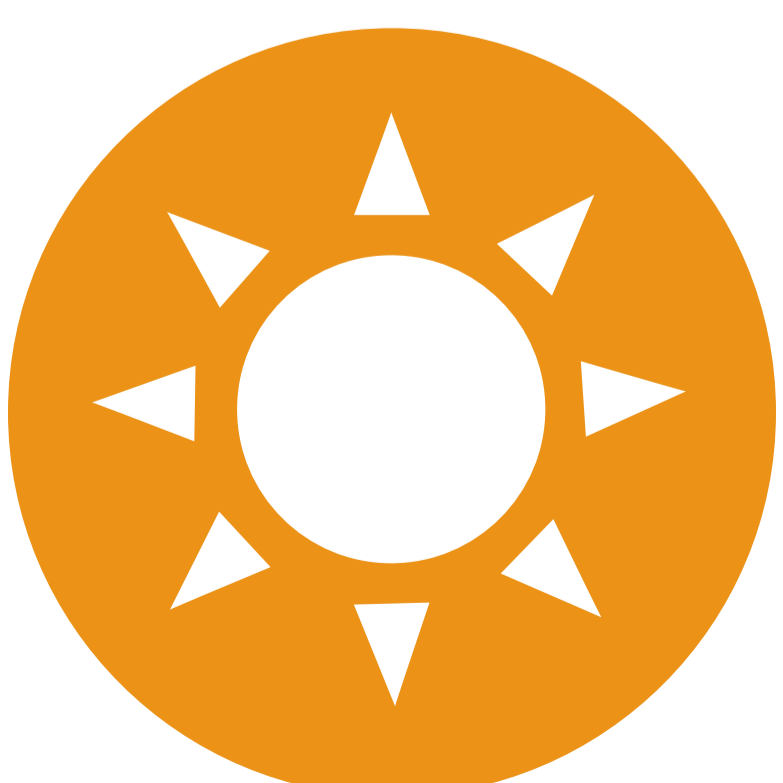
FOCUS ON GOOD THINGS

Take time to think about things that make you happy. If you feel sad or scared let someone know.



LIMIT SCREEN TIME

Only check the news once in a while. Spend most of your screen time on education and staying connected with others.



OPEN WINDOWS

Sunlight and fresh air can improve your mood even when we aren't outside.



SLEEP WELL

Try to go to bed and wake up at the same time every day. Get 8 hours of sleep.