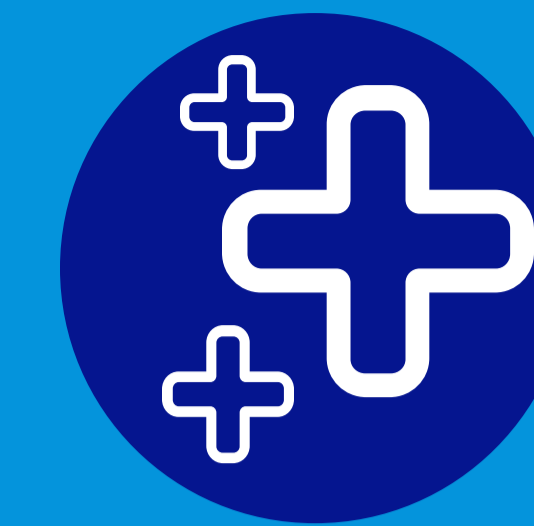


Stay Positive

DURING COVID-19



FOCUS ON THE GOOD

Take time to think about things that make you happy.

Feeling sad or scared during these times is normal. Talking with someone about your feelings is a good idea

GOOD THINGS THAT I CAN FOCUS ON:



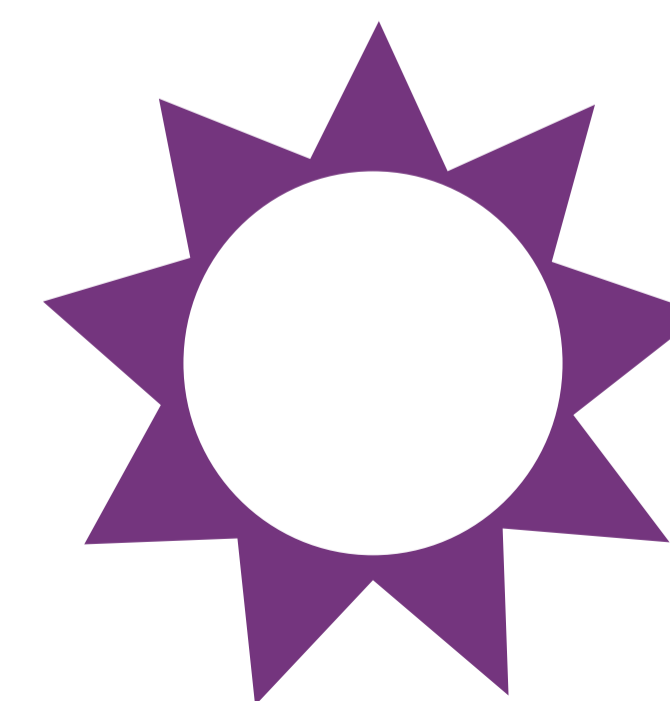
My health



My home



My friends & family



The sunshine



My pets



Nature