Stay Mentally Healthy

This new norm may take a while to get used to, so here are a few ideas to help you adjust...

♦ Read a book

There’s no better time to finally sit down and read that novel that’s been collecting dust!

♦ Get some fresh air

This may be as simple as stepping outside, closing your eyes, and taking a few deep breaths.

♦ Stay connected

Call a friend, video chat, text, email, however you choose to connect… check on a loved one or let someone know you’re doing ok.

♦ Exercise

Yoga, walking, running - all are great ways to exercise. Make sure to stay 6 ft apart!

♦ Eat Healthy

A healthy body will produce a healthy mind. Essential nutrients are key to staying healthy and energized.

Counselors Corner

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