

SELF-CARE TIP #3

TAKING CARE OF YOUR MENTAL HEALTH

THE 5 C'S:

CONNECT with someone you believe will be happy (& grateful) to hear from you!

CONTRIBUTE to a charity or group of active supporters. Make/donate a mask, donate a meal to healthcare workers, donate to a charity, send thank you notes.

CONTROL what you can, such as your exposure to TV news

or add a few minutes of daily exercise.

COPE by getting in the sun each day, reading fiction, taking an on-line yoga class, call a friend or therapist.

CONFIDENCE arises when you identify a few things you are good at and focus on them.