

DON'T FORGET TO

Take Care of You

SET BOUNDARIES

Set clear work hours. Make time for your family and activities you care about.

MOVE YOUR BODY

Schedule regular breaks to move your body throughout the work day and beyond.



STAY CONNECTED

Maintain connections with friends and family, especially for support during challenging times.



SET REASONABLE EXPECTATIONS

Be patient with yourself and others. Set achievable goals.

SET ASIDE "YOU" TIME

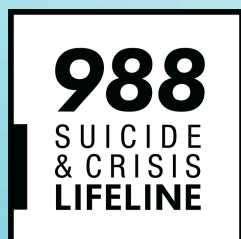
Prioritize sleep, healthy eating, outdoor time, and other self-care activities for a strong foundation.



FOCUS ON THINGS IN YOUR CONTROL

Focus on things like your schedule, news intake, and involvement in activities.

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.



Funded with federal dollars made available through the American Rescue Plan