

THE COVID-19

Five a Day

A proactive approach to protecting your mental health during the pandemic.



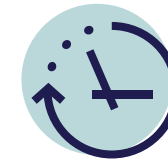
Interact with others.

Make time for positive interactions and maintaining relationships.



Have some fun.

Play and laugh.



Take time for yourself.

Maintain your personal space and allow others to do that too.



Be positive.

Find opportunities for growth in your daily life; make sure you access accurate information and advice.



Cultivate Compassion.

Be kind to yourself and others; show tolerance.