

WELLNESS CHECK-IN:

Healthy Habits

Feeling overwhelmed? Try practicing the following self-care tips to make each day more manageable, productive, and self-nourishing:



Get your heart rate up! Take a stroll outside or sign up for a virtual workout class.



Eat right. Don't neglect your fruits and veggies!



Protect yourself and others by wearing a face covering.

Don't forget: Pace's **Just in Case App** is also a great resource for connecting you with many support services you might need, including important mental health information. You're not alone. We're here to help!