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!