

TAKE A BREAK from the news.



Information overload can be upsetting. Make an effort to switch off your screens once in a while.



Source: WHO

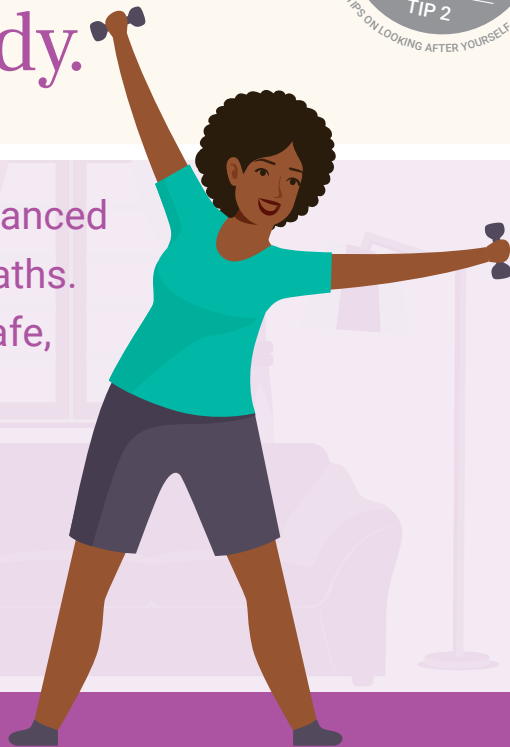


Ascension

TAKE CARE of your body.



Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.



Source: WHO



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Make time to UNWIND.



Use a few minutes
of your day to do
something you
enjoy.



Source: WHO

CONNECT with others.

Talk to people you trust about
your concerns and
how you're
feeling.



Source: WHO



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You are STRONG.

The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO

