
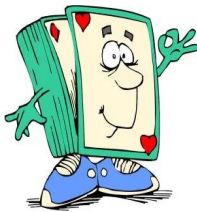




Taking Care of Yourself and Others Around You!

	<p style="text-align: center;"><u>30 Ways To Practice Self Care</u></p>	<p>Self-care is all about identifying your own needs and meet all those needs. Focus on yourself and do some activities that nurture your physical, mental, and emotional health.</p>
	<p style="text-align: center;"><u>10 Super Easy Health Tips for 2020</u></p> <p style="text-align: center;"><u>The 10 Pocket Cards</u></p>	<p>These are small colorful tips that contain short, easy wellness ideas you can put to use each day. Each health tip is based on medical research about what the human body, mind, spirit needs for a tiny, daily dose of health. Over time, these precious moments add up to new, healthier daily habits.</p>
	<p style="text-align: center;"><u>71 Mindfulness Exercises for Living in the Present Moment</u></p>	<p>Looking for mindfulness exercises? Something to help you increase your daily mindfulness in this challenging world? This resource details 71 mindfulness activities that can be added to your schedule at home. Granted, it is impossible to engage in all these exercises at once. So instead, start small by building a single routine at a specific time each day that includes a maximum of three of these activities. Then, add more as you become comfortable with the mindfulness practice.</p>
	<p style="text-align: center;">KEEP CALM AND QUARANTINE</p> <p style="text-align: center;"><u>15 ways to practice self-care in the time of coronavirus</u></p>	<p>What can you do to stay sane while keeping yourself and others safe during the virus outbreak? This resource provides a few suggestions about how to stay occupied.</p>
	<p style="text-align: center;"><u>Staying Calm During Crisis: Five Tips for Self Care</u></p>	<p>Because of the Coronavirus (COVID-19), teachers and parents all over the world are having to be creative, teach remotely, and produce digital learning lessons. Check out the five ways we can find our calm to get us through digital school and the virus scare.</p>

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