

COVID: The End Begins with You

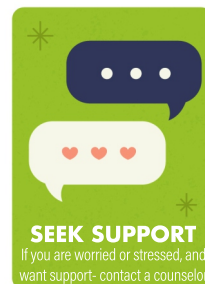
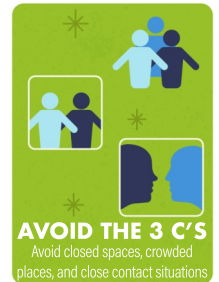
STAY CONNECTED & STRONG

Take care of yourself! Stay strong, connected and kind! **COVID IS FOR NOW, IT'S NOT FOREVER!**

It's important, critical even, to take care of yourself! The pandemic has created a level of stress that most of us have never encountered. Taking care of yourself isn't a luxury, it's essential. In order to take care of the ones you love and the ones who depend on you, you have to take care of yourself! You're great at taking care of others, make sure you're getting the same compassionate care.

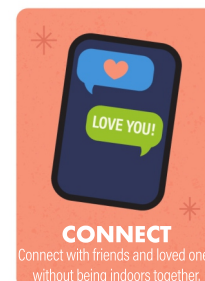
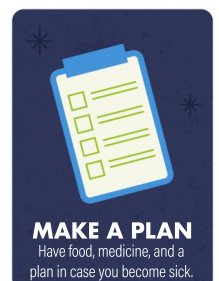
Things you can do:

- Find 15-30 minutes a day for yourself. Read, sleep, exercise, or whatever healthy activity brings you joy.
- Use household responsibilities as teachable moments for your children.
- Ignore the chores that can wait and take the family on an outing to look at the holiday lighting displays around town.
- Play a game with your children, or spend time coloring.



Additional Resources:

- How Right Now? <https://howrightnow.org/>
- Managing stress: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Take care of yourself: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
- Healthy at Home: <https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome>
- Fairbanks Families Partnership: <https://www.fairbanksfamilies.com/>



Courtesy: <http://dhss.alaska.gov>

Partners in prevention, Fairbanks Public Health & Foundation Health Partners

11/16/20

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