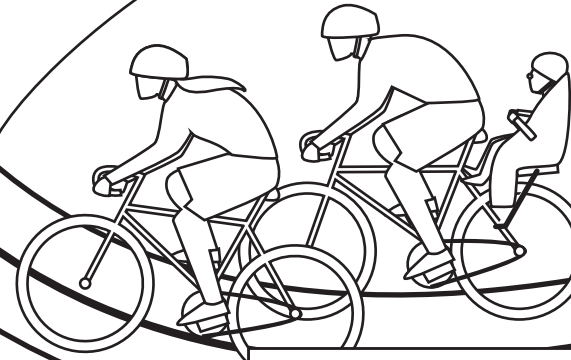


Take 3 deep breaths to help manage strong emotions.

Say hello to each person you pass today.



Write down 3 things you are grateful for.

Take a 10 minute walk every day.

Do something for yourself today.



HEALTH CENTRE

Taking care of yourself helps your family be resilient.

Be kind to yourself.

SIMPLE CONNECTIONS
stronger families

