



## TIPS FOR BUILDING RESILIENCE DURING THE COVID-19 PANDEMIC



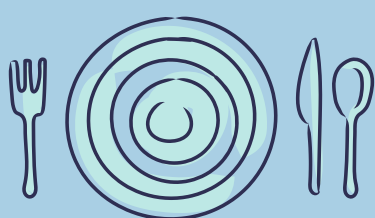
### Exercise

Regular exercise affects mood, energy level, and learning. Go outside or seek out online programs.



### Sleep

A consistent routine, including a consistent bedtime, encourages better sleep.



### Nutrition

Eat healthy meals. Stay with a balanced diet. Cooking is also a great activity.



### Screen time

Set an amount and time for screen use. Use screen time wisely and concisely. Take breaks from the news.



### Relationships

Support your family and friends by reaching out regularly. One of the best uses for screens is in sustaining relationships with loved ones.