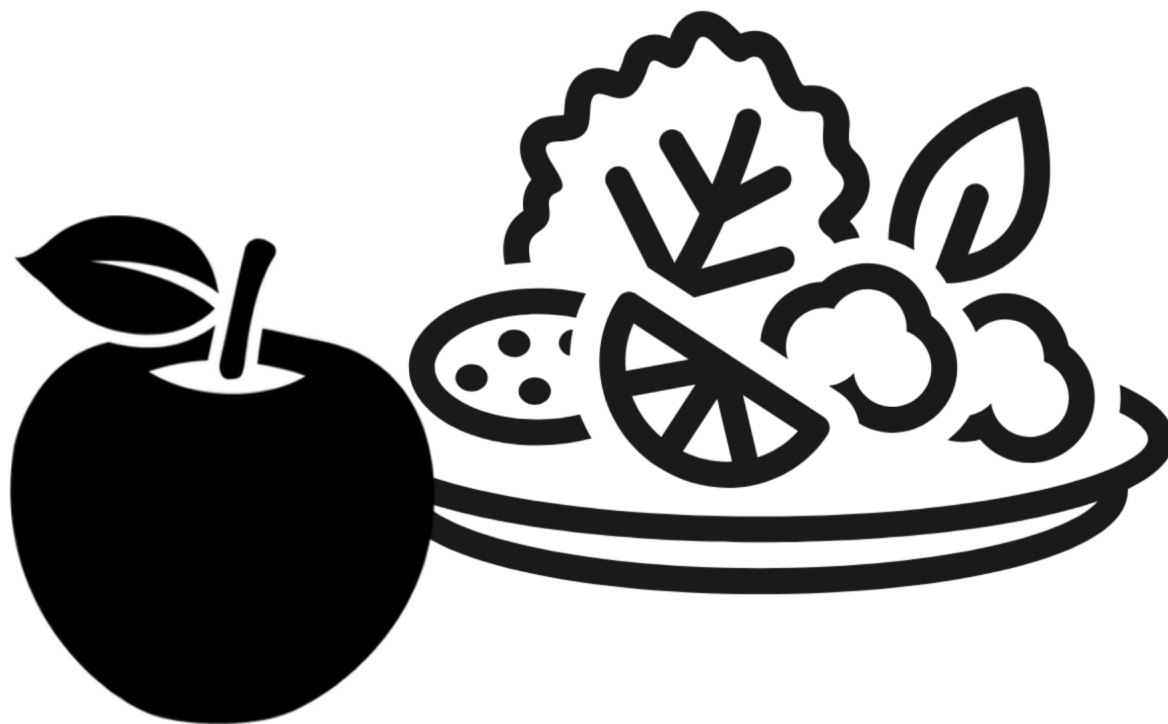




Drink water.



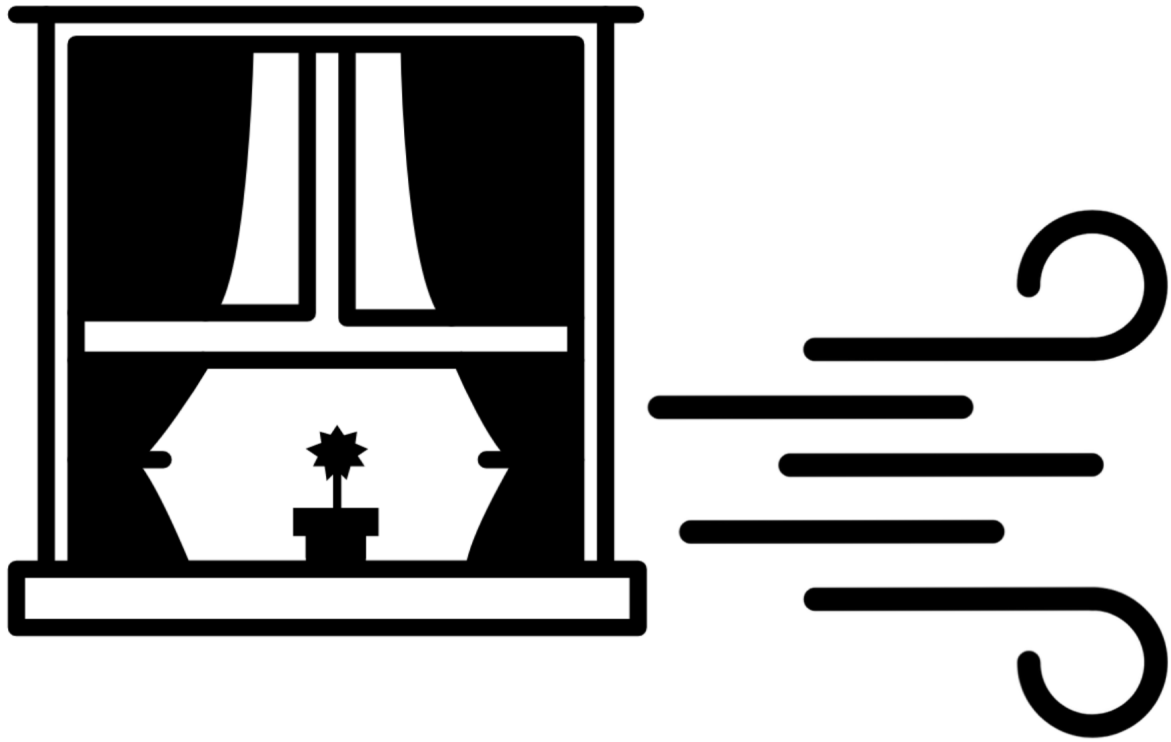
Eat healthy  
food.



Exercise.



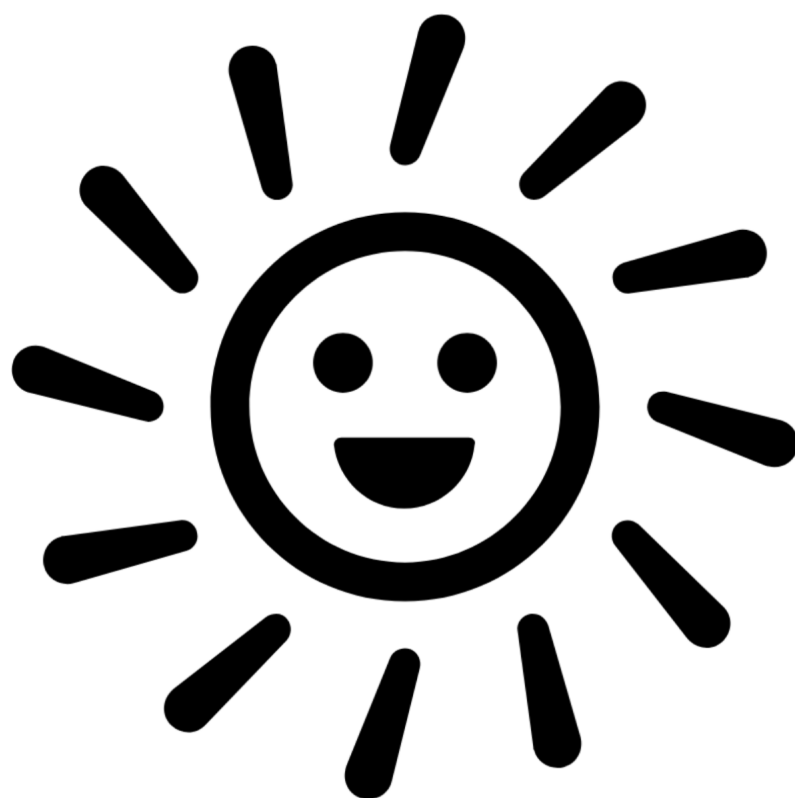
Get facts.



Get fresh air.



Get rest.

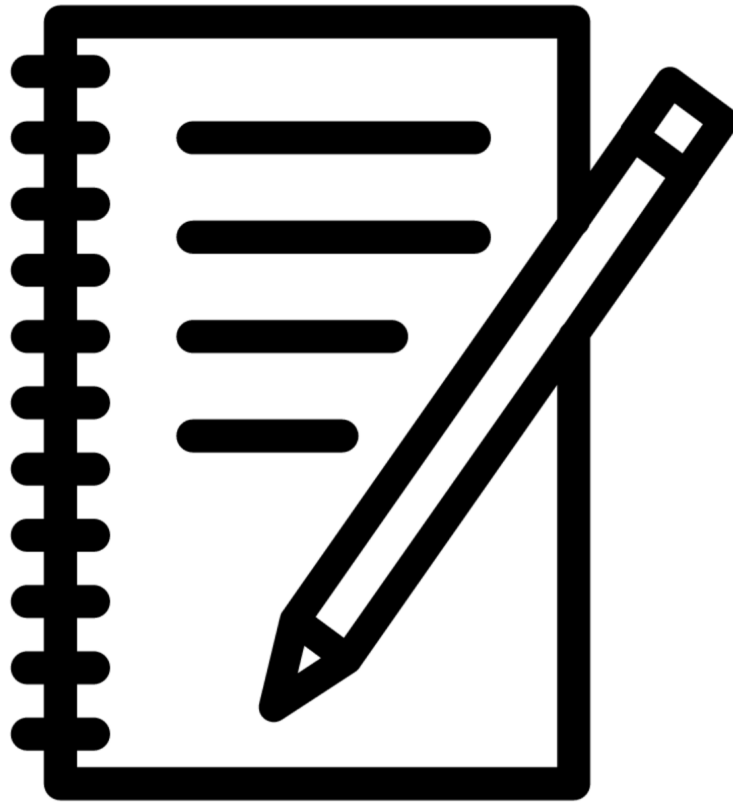


Get sunshine.

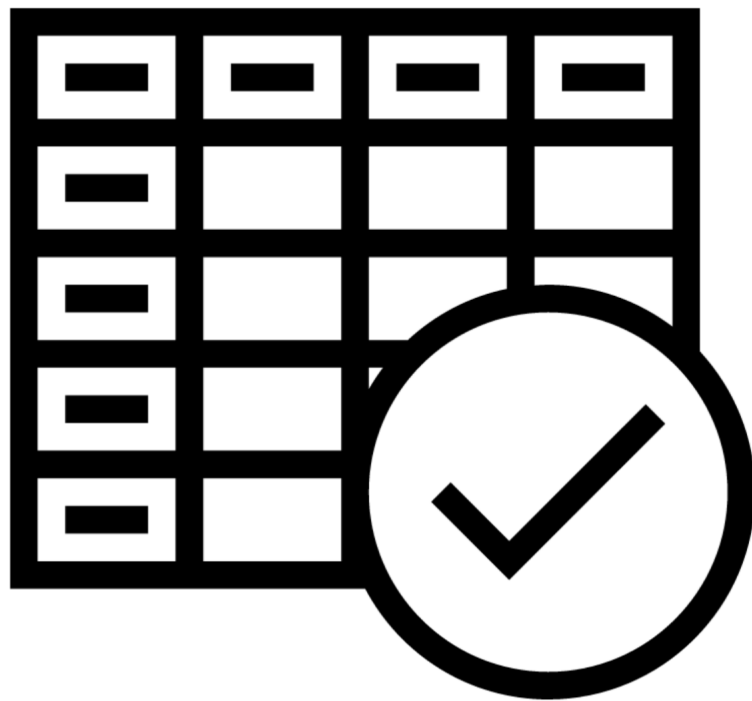


Keep in touch.





Keep a journal.



Keep a  
routine.



Laugh.



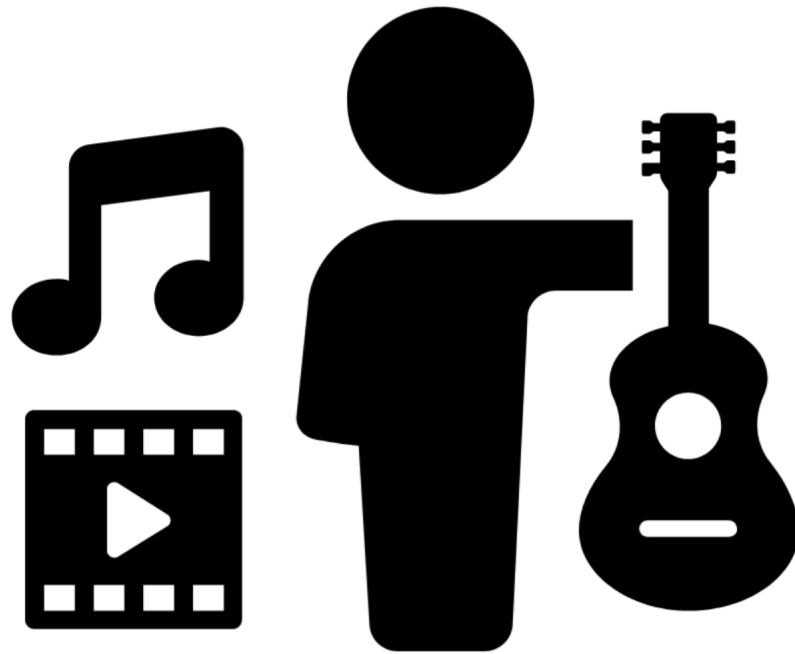
Limit news  
intake.



Meditate.



Listen to  
music.



Practice a  
hobby.

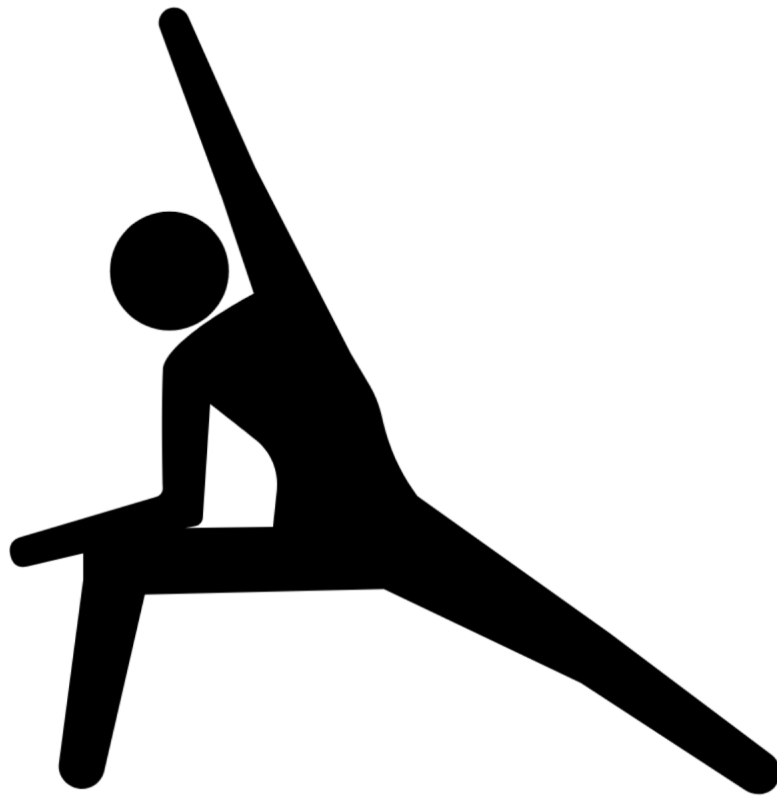


Relax.





Take a walk.



Do yoga.