

OPRETHOLD SOCIALE FORBINDELSE

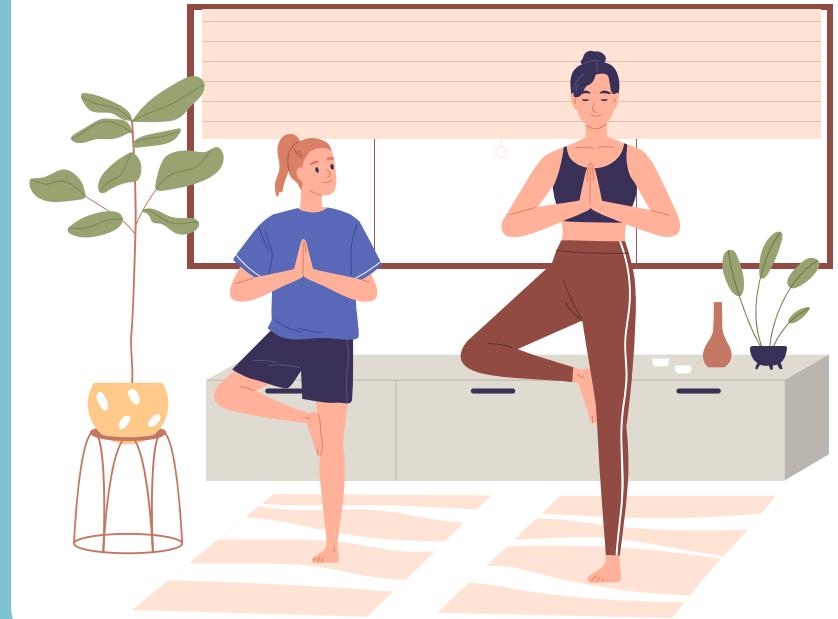


ETABLER RUTINE



SELVPLEJE

Prioriter mentalt og fysisk velvære.



BESKÆFTIGER SIG MED ISOLATION

TIPS OG STRATEGIER TIL VELVÆRE

ENGAGERE SIG I HOBBYER



SØG SUPPORT

Overvej online terapi og få kontakt med jævnaldrende



UDØV SELVMEDFØLE LSE



HOLD FORBINDELSEN,
FORBLIV SUND!



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