

MAINTAIN SOCIAL CONNECTIONS



ESTABLISH ROUTINE



SELF-CARE

Prioritize mental and physical wellbeing.



DEALING WITH ISOLATION

TIPS AND STRATEGIES FOR WELLBEING

ENGAGE IN HOBBIES



SEEK SUPPORT

Consider online therapy & connect with peers



PRACTICE SELF- COMPASSION



STAY CONNECTED, STAY HEALTHY!



Co-funded by
the European Union



*The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.