Lifestyle Adjustments

During this time, you may feel anxious. However, you do have control over what you do!

Helpful Tips!

- Meditate*
- Keep a Routine
- Read a Book
- Exercise at Home
- Listen to Music
- Video Chat
- Call Your Friends

REMEMBER
KEEP A SAFE DISTANCE...

SIX FEET

* There are apps to help you learn to meditate.

SCDAA is committed to helping families get through this health crisis.