

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



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

* There are apps to help you learn to meditate.