TIPS FOR BUILDING RESILIENCE DURING THE COVID-19 PANDEMIC

Exercise
Regular exercise affects mood, energy level, and learning. Go outside or seek out online programs.

Sleep
A consistent routine, including a consistent bedtime, encourages better sleep.

Nutrition
Eat healthy meals. Stay with a balanced diet. Cooking is also a great activity.

Screen time
Set an amount and time for screen use. Use screen time wisely and concisely. Take breaks from the news.

Relationships
Support your family and friends by reaching out regularly. One of the best uses for screens is in sustaining relationships with loved ones.

Adapted from “Resilience and Routines for Families During the Pandemic” by Mark Bertin at chadd.org/resilience-and-routines-for-families-during-the-pandemic.

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