

# TIPS FOR BUILDING RESILIENCE DURING THE COVID-19 PANDEMIC



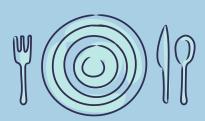
#### Exercise

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.

This infographic is supported by the Cooperative Agreement Number NU38DD000002 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.