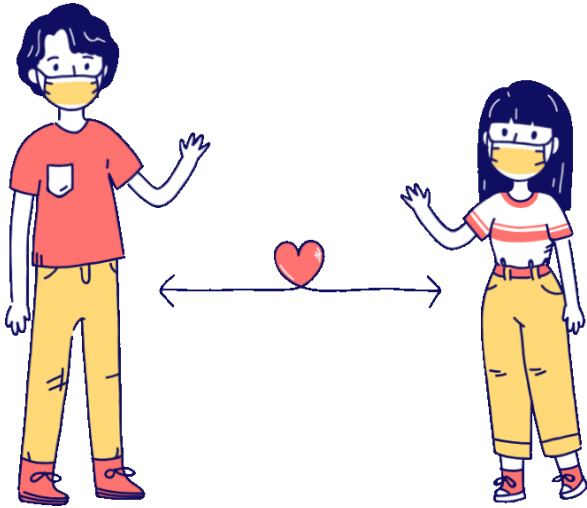


Is Covid-19 starting to take its toll?

Here are some tips.



see one friend outside, safely



*stay connected online with
Zoom, FaceTime, etc.*

*learn to play an
instrument*



*get gussied
up & dance
at home*



[shareselfhelp.org](https://www.shareselfhelp.org)