

BE A SUPERHERO!

TAKE CARE OF YOURSELF

We all feel scared, sad, or worried sometimes. That's natural.

But this year, with everything that has happened with COVID-19, these feelings may seem worse than ever. That's natural, too. We're all feeling that way—kids and grown-ups, too.

The good news is that there are things you can do to help yourself feel better. You can feel calmer, stronger, and happier.

Doing just a few of these things will help you feel better:

- Get lots of sleep. Go to bed and wake up at the same times every day, even Saturdays!
- Eat regular, healthy meals. Be sure to eat your fruits and veggies!
- Spend some time outside in the sunshine. Go for a walk, play, exercise, or just relax.
- Take a deep breath. Let the air out slowly. Do this five times.
- Do something you really enjoy, like reading a book, watching a movie, or playing a game.
- Watch or read something funny or silly. Tell yourself a joke. Smiling and laughing can really help!
- Remind yourself that you are not alone. We all have to do things differently because of COVID-19. We are all in this together.
- Encourage yourself. Tell yourself you are strong. You can handle this. You're a superhero!

If you feel like you need more help, talk to someone you trust.

Talk to your parents, your grandparents, your aunt or uncle, your cousin, your friend, your teacher, your pastor, your doctor or nurse or healthcare provider, or your neighbor.

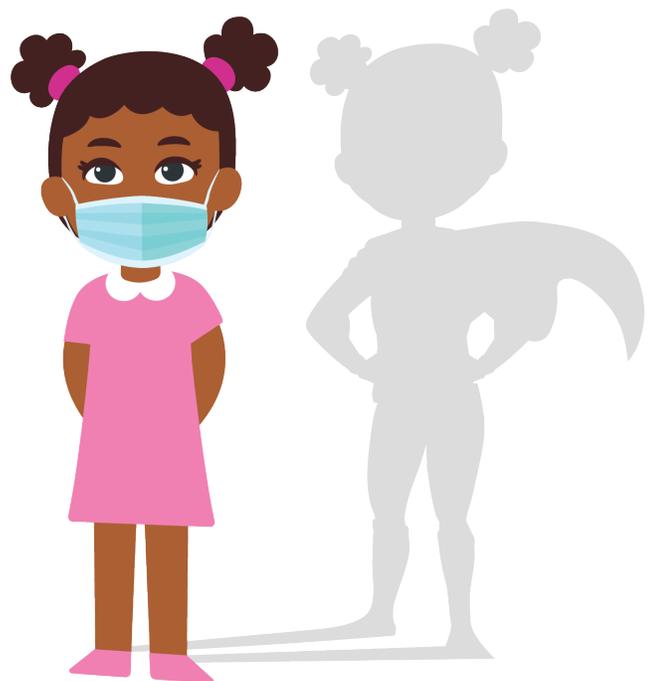
Tell them what you are thinking, what you are feeling, and what you are worried about.

If you think you may hurt yourself or someone else, get help.

Talk to someone you trust or call 1-877-210-8513.

Taking care of yourself will help you feel stronger and happier.

You will be better at helping other people, too. Because that's what superheroes do!





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