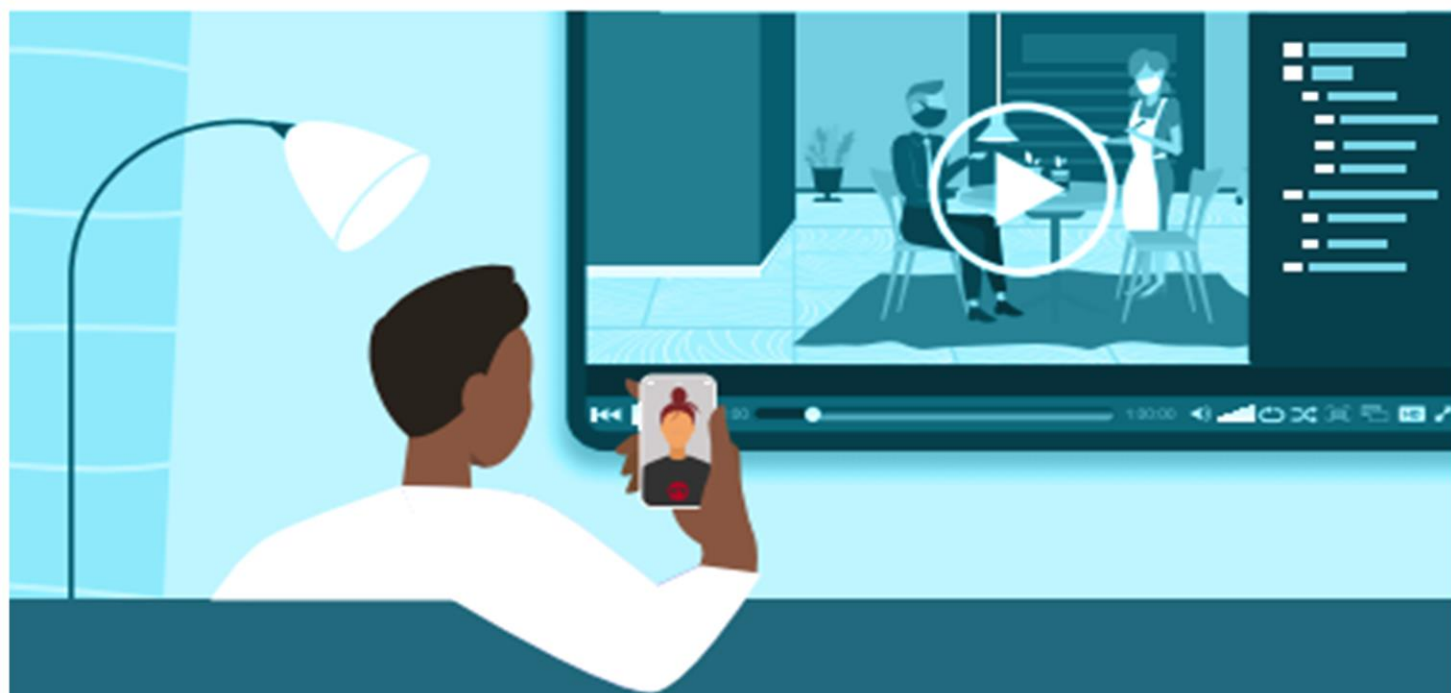


# Young Adults: Care for yourself one small way each day

Find creative ways to safely spend time with friends, like virtual movie parties.



Head outdoors and get moving

**Treat yourself to healthy foods  
and get enough sleep.**



**Make time to relax by reading, listening  
to music, or exploring a new hobby.**

**Remember you're not alone.**

