

YOU GOT THIS

I CAN'T CHANGE THE
DIRECTION OF THE WIND, BUT
I CAN ADJUST MY SAILS TO
REACH MY DESTINATION.

- JIMMY DEAN

TAKE NEWS IN SMALL DOSES

ESTABLISH A ROUTINE

TAKE BREAKS FOR ME

START NEW HOBBIES

STAY ACTIVE

EAT HEALTHY

GET OUTSIDE

CONNECT WITH OTHERS

QUIET MY MIND

HAVE FUN & RELAX

