Where can you go when you need to connect?

**Loved ones**
Reach out to others instead of trying to handle things alone

**Pets**
Pet an animal to release feel-good hormones

**Community**
Virtually connect with others for a sense of purpose

**Memories**
Think about happy times and get an emotional boost

**Journals**
Write down thoughts and feelings to improve your health

Find support in unexpected places during COVID-19

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44.36.372.1-RFL A (4/20)