

COVID-19: How to Keep a Healthy Perspective

To beat this pandemic, we need to change how we respond to our fears.

1. Focus on what's best for everyone, not just you (because that's what's best for you).
2. Follow the recommended precautions, even if you think it's "overkill."
3. Take really good care of yourself, both physically and mentally.
4. Include helping others as part of your Covid-19 game plan.

Adapted from Psychology Today: <https://bit.ly/39RbBKm>