

Health and Wellness Activity  
COVID-19 Resources

March 27, 2020

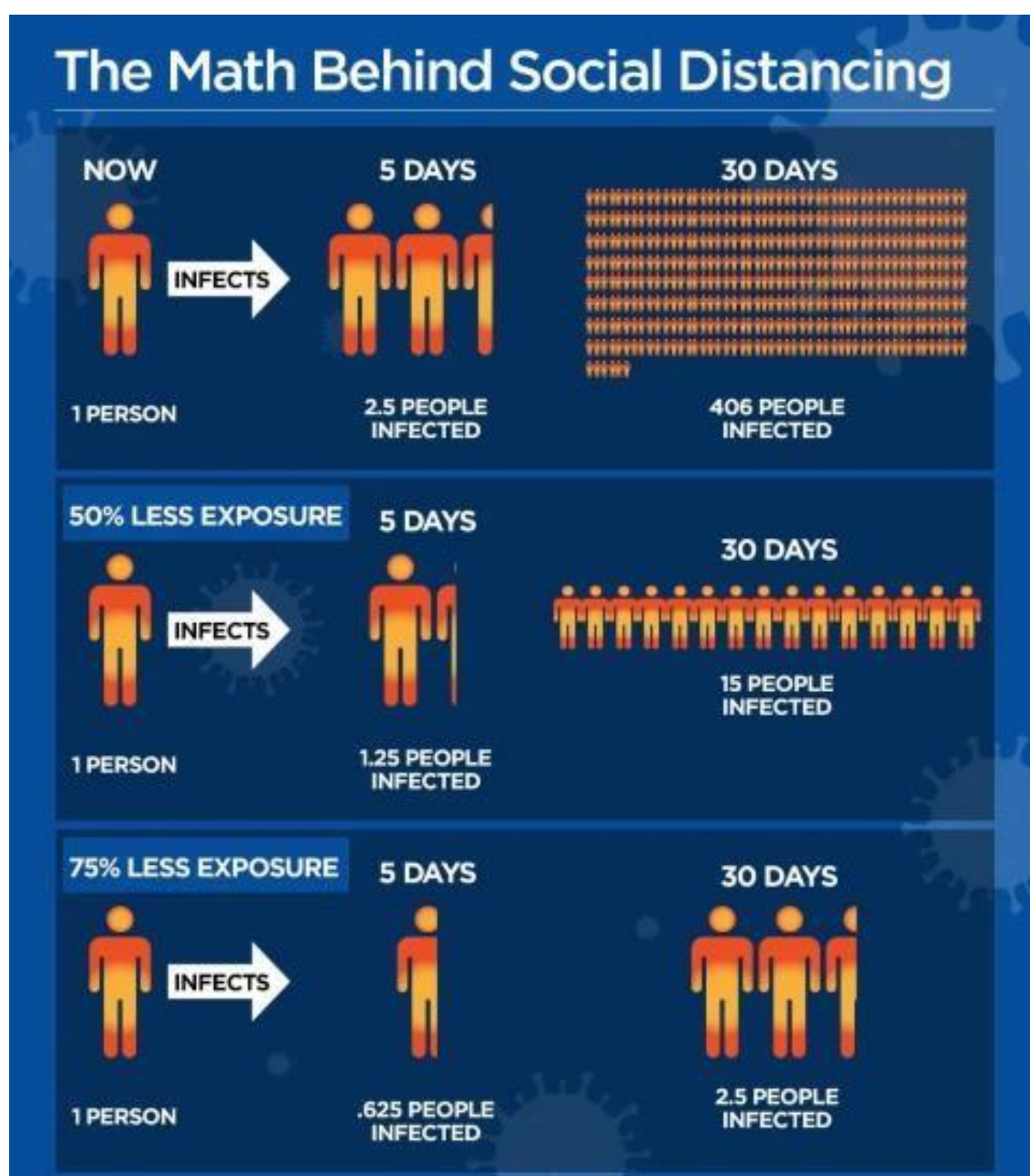


This week's recommended Health and Wellness Activity:  
**The 5-Minute Miracle - Daily Guided Meditation**



### What Is Social Distancing?

**Social distancing** is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.



## Tips to Stay Connected During Social Distancing

As we find ourselves confined to our homes, feelings of boredom, isolation or loneliness can be common. Below is a list of 5 activities that can be done to combat such feelings and connect with our loved ones. Click the link directly below this list to access the full article.

1. Call a loved one every day
2. Send your friends a “checking in” text
3. Have an online coffee date
4. Play online games with family
5. Cook the same recipe over FaceTime



### **STOP COVID-19 XENOPHOBIA**

**CLICK HERE TO REPORT ASIAN AMERICAN HATE CRIMES DUE TO COVID-19 MISINFORMATION.**

**SAMHSA.GOV**

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

**Stay connected! Follow us on social media.**



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