Parents: Care for yourself one small way each day

- Take breaks to relax and unwind through yoga, music, gardening, or new hobbies.
- Treat yourself to healthy foods and get enough sleep.
- Take care of your body and get moving to lessen fatigue, anxiety, or sadness.
- Find new ways to safely connect with family and friends, get support, and share feelings.

Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus