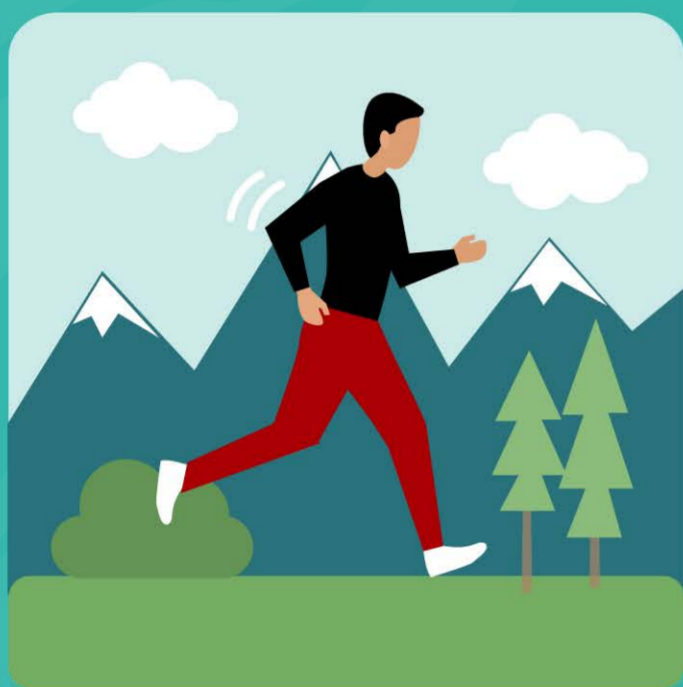


# MENTAL HEALTH DURING COVID-19

Proper preparation for winter can be key to reducing stress during these times of social isolation and COVID-19. Here are some tips to help keep your mental health strong:



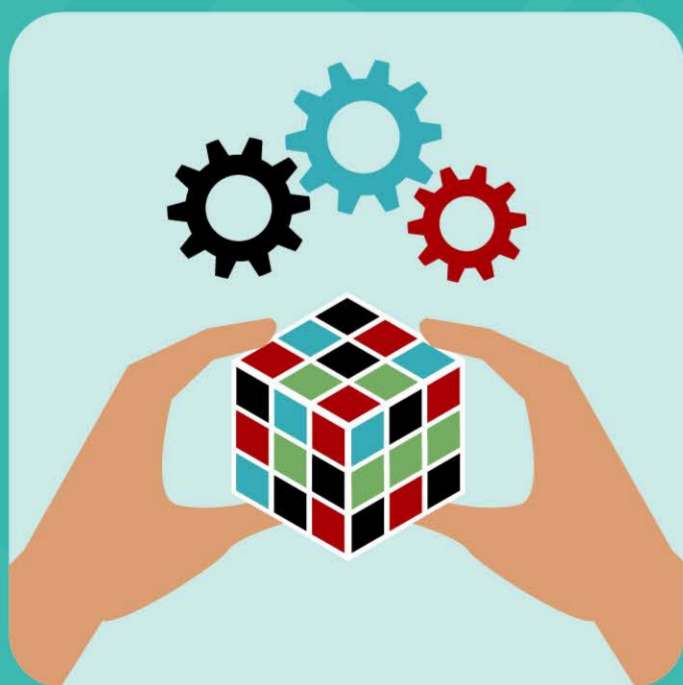
PHYSICAL EXERCISE



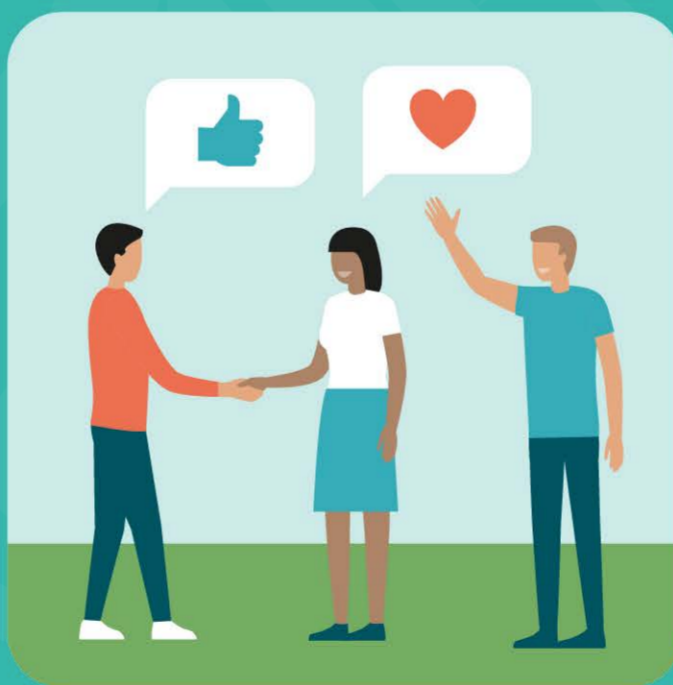
HEALTHY DIET



REGULAR SLEEP



MENTAL STIMULATION



SOCIAL ENGAGEMENT



STRESS MANAGEMENT

#MentalStrength

#HealthyLife