Five tips to get you through the coronavirus pandemic

1. **Stay Healthy**  
   (physical strength & immune system)  
   - Sleep, diet, indoor exercise, deep breathing

2. **Stay Positive**  
   - Control the information you take in  
   - Try to find positive stories

3. **Stay Connected**  
   (even with physical distance)  
   - Send a caring message via social media or phone, etc.  
   - Show compassion for those who are hit hard

4. **Stay Thankful**  
   - For those who are saving lives and supporting our daily life

5. **Stay Focused**  
   - Don't let coronavirus distract your attention from what really matters  
   - Envision a future beyond the coronavirus pandemic

https://www.ishes.org/en/