

Just Relax

What interests you?

Find something you'll enjoy doing or something that interests you.

Such as:

- Arts and crafts
- Reading
- Sewing
- Knitting
- Writing a book
- Baking
- Yoga
- Walking
- Running



Friends

Worries are always best shared. Your friends should be there for you every step of the way. **A problem shared is a problem halved!**

You can:

- Facetime
- Message
- Call
- Zoom

