



### **TWITTER**

While your daily [#selfcare](#) routine may have changed, there are many ways you can remain healthy and connected during [#COVID19](#), 🧠🏃🧘 whether you have a couple of hours or a couple of minutes. [#EachMindMatters](#) [#mentalhealth](#)

### **FACEBOOK**

As we settle into new routines at home and physical separation from others, it's especially important to take time each day for [#selfcare](#). Here are ways to remain healthy and connected during [#COVID19](#), 🧠🏃🧘 whether you have a couple of hours or a couple of minutes. [#EachMindMatters](#) [#mentalhealth](#)

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### **INSTAGRAM**

As we settle into new routines at home and physical separation from others, it's especially important to take time each day for [#selfcare](#). Here are ways to remain healthy and connected during [#COVID19](#), 🧠🏃🧘 whether you have a couple of hours or a couple of minutes.

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Download the graphic from the EMM Resource Centre:

<https://emmresourcecenter.org/resources/tips-self-care-while-practicing-social-distancing>