

HOW TO STAY STRONG DURING COVID-19



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1. MENTAL HEALTH

Support your loved ones

Social distancing doesn't mean social isolation!

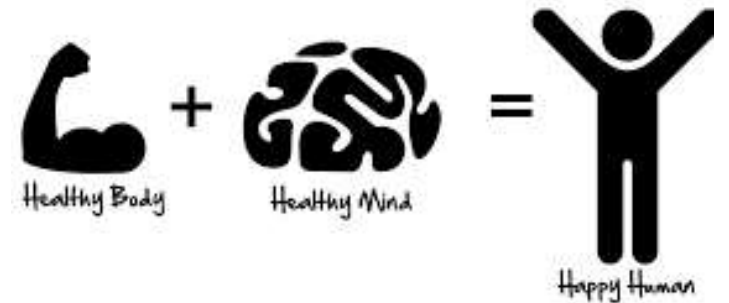
Create and follow daily routine

Get enough sleep



2. STAY PHYSICALLY STRONG DURING COVID-19

- *Do exercises at home*
- *Dance!*
- *Give your pets the attention they need*
- *Just do something that keeps your mind busy*





3. FOLLOW THE IMPOSED MEASURES!

- We all want the quarantine to end soon, so please respect the restrictions and measures!
- stay home, save live!

