

# WE'RE IN THIS TOGETHER

Protect yourself, your family, your friends and your city



## **Practise self-care**

read a book, listen to music,  
have a bath, meditate, bake.



## **Foster family time**

keep a routine, make art, plan  
activities you can do together.



## **Maintain social connections**

call a friend, video chat with family, host  
a virtual dinner party.



## **Stay healthy**

take media breaks, eat a proper meal,  
do a free online fitness class.