

10 Daily Pandemic Reminders

1. It's a pandemic... be kind to yourself!!!
2. Prioritize... what REALLY matters?
3. Expectations... lower them... change them... it's a pandemic people!
4. You CAN'T do everything you are being asked to do right now... It isn't rational, it's hard and seems impossible... because it is NOT rational... it's a pandemic!
5. You CAN still say no and set boundaries.
6. Do your best, your best is different now and that is okay!
7. The most unselfish thing you can do is still take time for selfcare! Your mental and physical health are #1!
8. It's physical distancing not isolation - stay connected!
9. There is ALWAYS something to be grateful for... mindfulness matters #gratitudegame.
10. You are smart, kind, beautiful and LOVED! You are enough and YOU have value!!!

!!!YOU GOT THIS!!!
!!!WE CAN DO THIS!!!