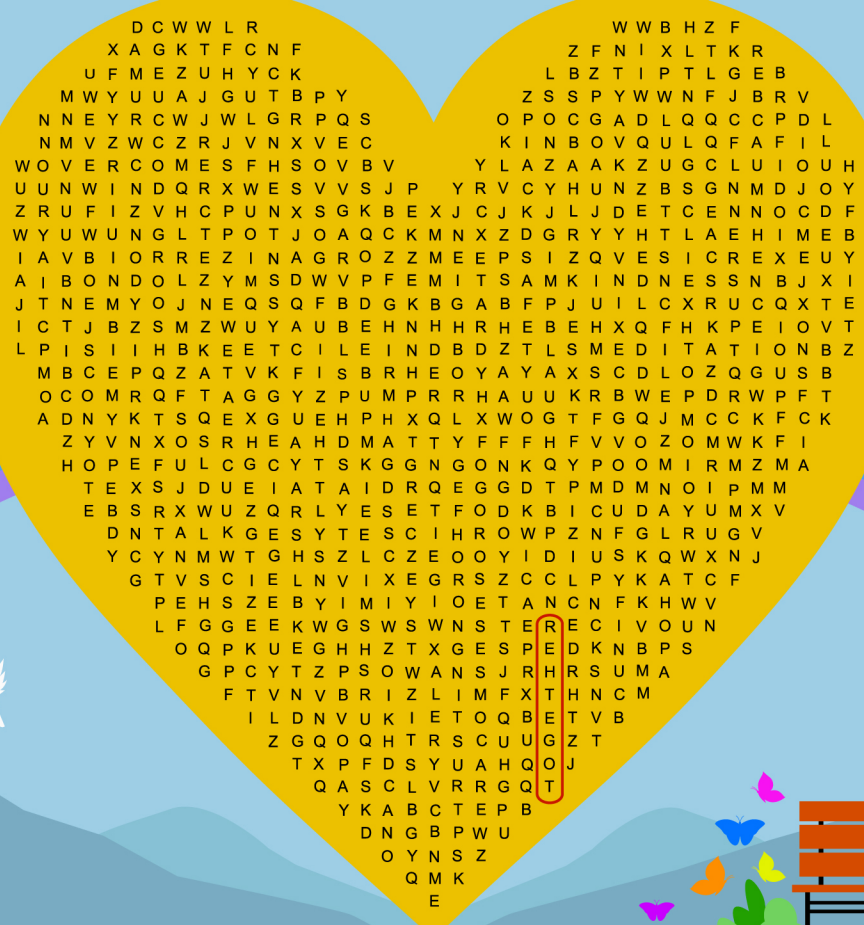


DURING THIS TIME OF UNCERTAINTY... LET'S TAKE CARE OF OURSELVES

MENTAL HEALTH MATTERS



- | | | | | |
|----------------|---------------|-----------------|--------------|--------------|
| 1. BOND | 7. ENJOYMENT | 13. KINDNESS | 19. OVERCOME | 25. SMILE |
| 2. CARE | 8. ENTHUSIASM | 14. LAUGH | 20. PEACE | 26. STRETCH |
| 3. COMMUNICATE | 9. EXERCISE | 15. MEDITATION | 21. RELAX | 27. TALK |
| 4. CONNECTED | 10. HEALTHY | 16. MINDFULNESS | 22. REST | 28. TRUSTING |
| 5. CREATE | 11. HOPEFUL | 17. NEIGHBORLY | 23. SAFETY | 29. UNIFY |
| 6. EAT | 12. HYDRATE | 18. ORGANIZE | 24. SLEEP | 30. UNWIND |

• WE WILL GET THROUGH THIS TOGETHER •

COVID 19 - (401) 222-8022 | BH LINK - (401) 414-5465
 WWW.BLACKSTONEVALLEYPREVENTIONCOALITION.COM

#MENTALHEALTHMATTERSRI

