



## Healthy Family Tips

- ❖ Continue with healthy activities that do not compromise social distancing, such as:
  - Enjoy the outdoors and exercise
  - Eat healthy foods
  - Play family board games
  - More quality family time, less social media
  - Laugh often
  
- ❖ Get the support of mental health professionals, as needed
  
- ❖ Connect with friends and loved ones online
  
- ❖ Participate in online events, including church services
  
- ❖ Help those who are in quarantine by calling and checking on them and their families
  
- ❖ Contact Family Centre for existing local resources, that may be of help at this time
  
- ❖ Remain mindful of each other's needs

Visit us at [www.tfc.bm](http://www.tfc.bm) for more helpful tips and information.