

Tips For Our Lions Dealing With The Pandemic

1. **Breathe** Relax and take a breath. Doing some deep breathing can help decrease the stress that you are immediately dealing with. (Count backwards from 10 while slowing breathing 3 times).
2. **Physical Activity** If you can take a walk around the block or find a quiet park to get out of your home and to get some fresh air. Go fishing or hiking.
3. **Keep in touch** FaceTime, call or skype your classmates or family in order to not feel isolated from the rest of the world.
4. **Pamper yourself** Take a bubble bath, cook your favorite meal, or do your own pedicure.
5. **Use positive self-**