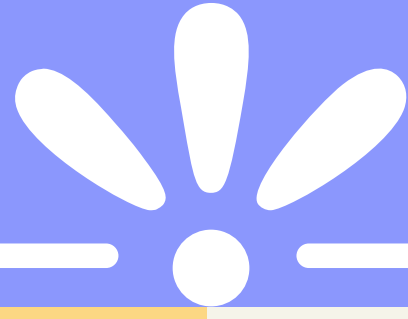


HOW TO SHOW YOURSELF COMPASSION



Remember that you are doing the best you can in this moment, and that is enough.



Text, call or video a supportive friend and/ or family member.



Celebrate yourself and your daily victories! Remember no task is too small to be a victory.



Practice mindfulness. Bring awareness to your experience without judgment.