

# WAYS TO STAY POSITIVE

- Practice mindfulness / meditation for 10 minutes twice a day.
- Say positive affirmations to yourself  
*Eg: I am healthy and my baby is doing fine*  
*I am strong and can deal with challenges*
- Accept that things are not going the way you had imagined but you are strong and can manage with a different plan.
- Talk to someone and share your feelings.
- Have a list of activities which sooth and uplift you such as listening to your favourite music, talking to a positive person, looking at old pictures, or recollecting good memories.



**If we must continue to stay together, we must now stay apart.**

**FERNANDEZ FOUNDATION** strongly supports Social Distancing to fight COVID-19