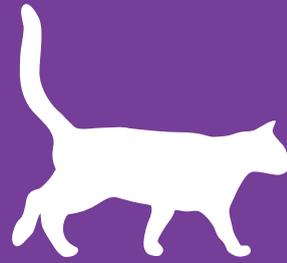


Find support in unexpected places

Loved ones



Reach out to others instead of trying to handle things alone



Pets

Pet an animal to release feel-good hormones

Community



Connect with others for a sense of purpose

Where can you go when you need to connect?



Memories

Think about happy times and get an emotional boost

Journals



Write down thoughts and feelings to improve your health

