



Don't forget to  
**SHOWER!**

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Get outside  
or open a  
window,  
fresh air is  
good for you!

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Read a book  
or start a  
new project

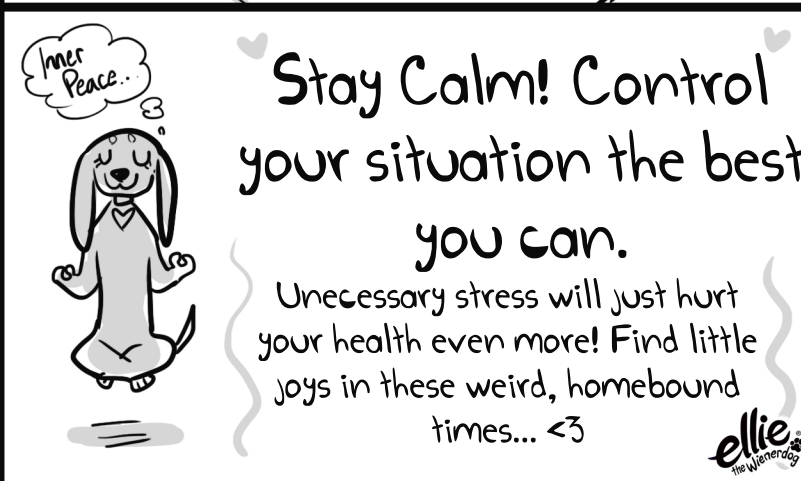
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**EAT  
HEALTHY**

You can add nutrients to  
most dishes even without  
fresh produce

\* Make up new recipes with what you have!



Stay Calm! Control  
your situation the best  
you can.

Unnecessary stress will just hurt  
your health even more! Find little  
joys in these weird, homebound  
times... <3

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Get a pet! Love a pet, let the treats  
fly freeeee!!!

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**Reach out!**

If you're feeling bored or  
lonely, give your friends or  
family a call!!! They might be  
feeling the same way.

ellie:  
HOW R  
U?

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Take a breath  
It's going to be okay

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**Ellies Encouragement Notes: Lockdown Edition**