

A WEEKLY NEWSLETTER TO HELP YOU THROUGH THE WEEK.

# QUARANTINE CHRONICLES

LAST TOPIC: CREATING HOPE

#### Hello there,

We're sorry we missed you last week.

We needed to take some time to
focus on ways to support justice.

When times are tough, there is a lot we can
do but it is hard to know where to start.

Having hope helps us move forward
even when it's difficult.

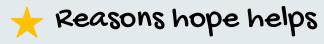


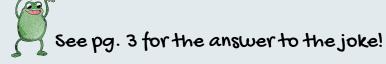


#### Talk of the Week









## CREATING

Think positive

Laugh with others

Focus on the present

Do something important

Take care of your body

Build connections

Practice kindness



## REASONS HOPE HELPS

Creates a positive environment
Helps your body and mind heal
Boosts your immune system
Inspires purpose
Fights off stress

#### HERE'S A JOKE TO BUILD HOPE:

what did the flower say when their child graduated from high school?



"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." -MARTIN LUTHER KING JR.