

# Young Adults: Care for yourself one small way each day

Find creative ways to safely spend time with friends, like virtual movie parties.



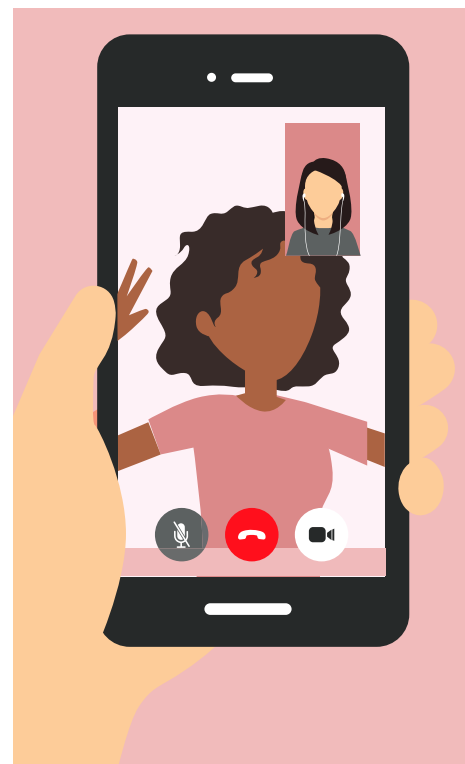
Head outdoors and get moving

Treat yourself to healthy foods and get enough sleep.



Make time to relax by reading, listening to music, or exploring a new hobby.

Remember you're not alone.



Substance Abuse and Mental Health Services Administration  
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)