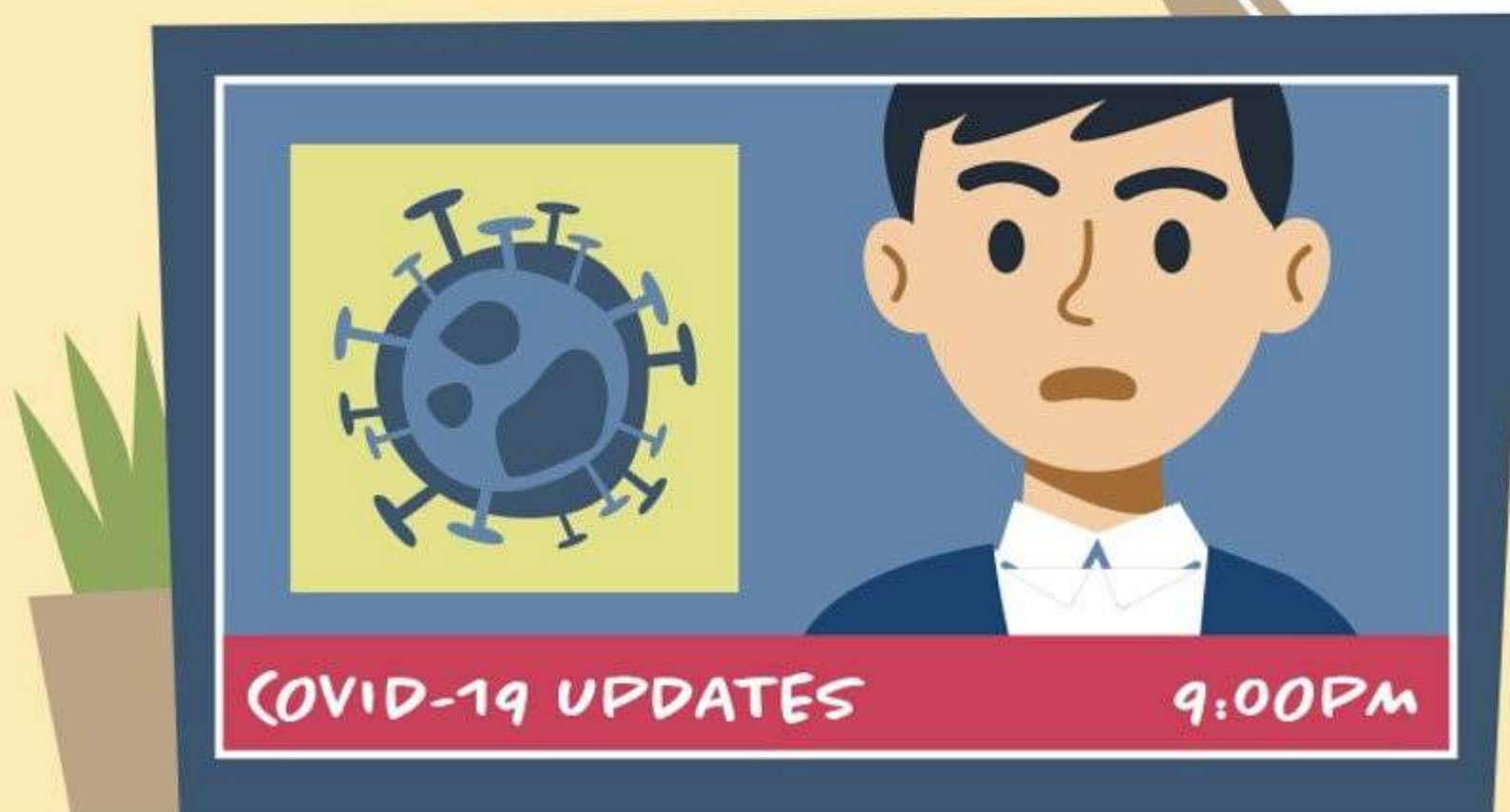


Choose a limited time each day when you will check #COVID19 updates.

Constantly listening to media coverage about #coronavirus can make you more anxious and upset.
#MentalHealth



#MentalHealth #COVID19 #coronavirus