5 Tips on Being Kind During Tough Times...

- **Smile! And wave!**
  - It will make people feel good without spreading germs!
- **Be extra patient!**
  - People are extra-stressed...
  - Don't judge too quickly!
- **Check-in often with family and friends!**
  - Use video-chat! Or the telephone to keep up that personal connection!
- **Send an e-card to someone who isn't feeling well!**
  - They'll feel better - and so will you!
- **Be KIND to yourself!**
  - Eat well, sleep well and turn off the TV and social media if you feel too stressed!

www.loveandkindnessproject.org