

- 21 TIPS -

FOR THRIVING THROUGH CORONAVIRUS

1 PRAY OFTEN:



It provides perspective and power.

2 GET OUTSIDE:



Improve moods with fresh air.

3 READ YOUR BIBLE:



Get encouraged by God.

4 PLAY A GAME:



Releasing anxiety for the win!

5 STAY INFORMED:



Follow recommended guidelines.

6 PUT YOUR PHONE DOWN:



Avoid info-overload.

7 STAY CONNECTED:



Answer calls from family.

8 HELP SOMEONE:



It will make you feel great.

9 READ A STORY:



Exercise your imagination.

10 READ A NON-FICTION BOOK



Expand your intellect.

11 EXERCISE:



Reduce stress and unwanted fat.

12 PLAN YOUR MEALS:



Save money and be healthy.

13 START SAVING:



Develop a long-term saving habit.

14 STUDY HISTORY:



Learn from those before you.

15 MAKE SOMETHING:



Flex your creative muscles.

16 DO THAT THING:



Tackle procrastinated projects.

17 WALK WITH YOUR FAMILY:



Reconnect your family ties.

18 TAKE A BIKE RIDE:



The most fun social distancing activity.

19 BUY IT FOR A FRIEND:



Boost the economy while meeting a need.

20 TALK ABOUT MEANINGFUL THINGS:



Focus on what's important.

21 TRUST THE LORD:



He works out ALL things for good.