March 26, 2020

**Ten Commandments of Mental Health**

1. Think positively, it’s easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances our well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams

Hope these few ideas help at this time of uncertainty and anxiety.

Stay well

Stay safe

Stay home Sr. Kate