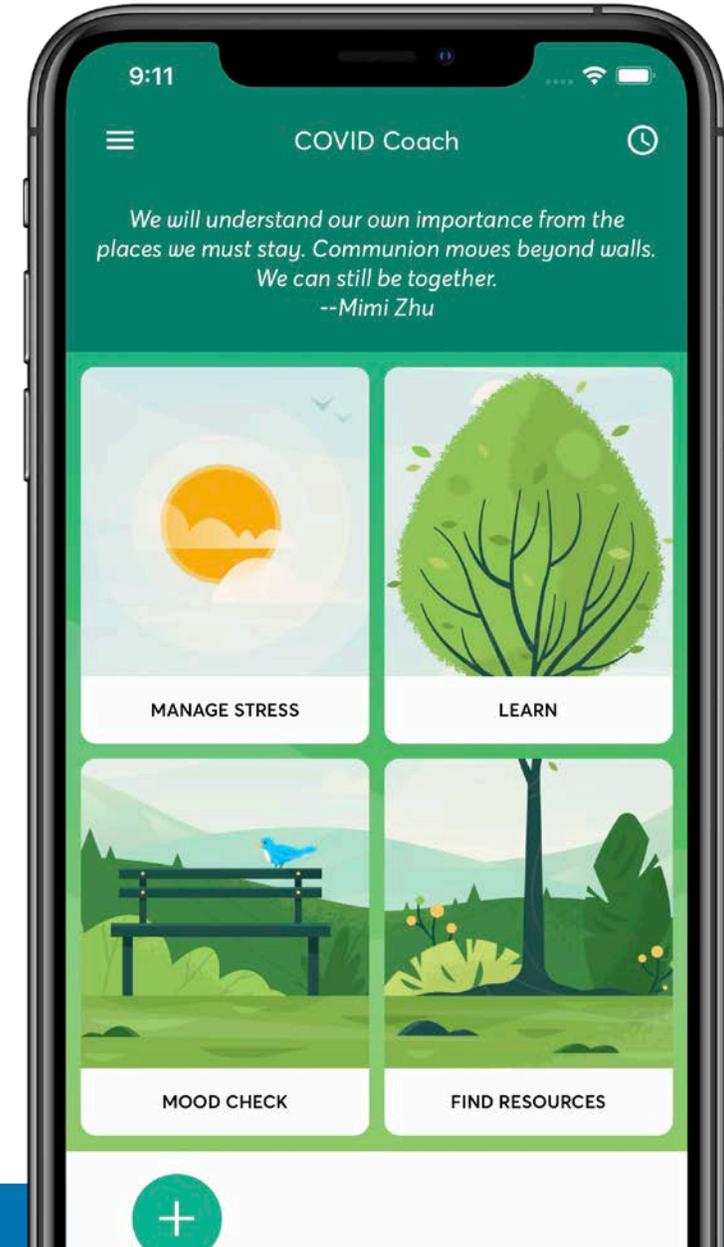


For managing stress related to the COVID-19 pandemic

Uses:

- Learn ways to improve your well-being during this global pandemic
- Use trackers for mental health and personal goals
- Find tools for coping and self-care
- Follow links to additional resources



Learn more at the National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp

