



Nimkee
Memorial Wellness Center

Things to do while practicing **SOCIAL DISTANCING**

- ▶ Meditate: Take 5 minutes to be still and breathe
- ▶ Go outside and breathe some fresh air.
- ▶ Eat good meals. Drink plenty of fluid.
- ▶ Think good thoughts.
- ▶ Take time away from technology.
- ▶ Get some movement into your day. Go for a walk. Stretch.
- ▶ Call or Facetime loved ones. We will get through this together.
- ▶ Remember to wash your hands frequently.
- ▶ DANCE!
- ▶ Remember to smile, this too, shall pass.
- ▶ Check your to-do list and get things done.
- ▶ Learn a new skill or craft.



Saginaw Chippewa Indian Tribe of Michigan
“Working Together for Our Future”

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