

## 1 Check in with yourself.

If there was ever a time to ask yourself how you're *really* doing, it's now. Take a minute (or more) to identify your emotions and needs. Sit with them, share them, let yourself feel and honor them. There are no right or wrong answers here.

## 2 Check in with those you love.

Have a strong friend? A family member who struggles with their mental health? A child with a chronic illness? Create a space for active listening and open dialogue. Even silence can be shared.

## 3 Check in with your community.

Everyone processes hard times in their own ways. If you're able, show support and gratitude for neighbors and small businesses in your local community. We're stronger together.



**The Mighty** is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on [themighty.com](https://themighty.com) or by downloading **The Mighty app**.