**Social Media (Hmong)**

|  |  |
| --- | --- |
| By staying in community, even if we are more physically separated, we can and will get through this crisis as we have gotten through so many others in the past — together. #EachMindMatters | Nyob koom zej zos, txawm tias nyias nyob nyias, peb ua tau thiab yuav nyob dhau qhov teeb meem no, vim peb yeej nyob dhau ntau yam teeb meem ua ke los lawm. #EachMindMatters |
| During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting. #EachMindMatters | Vim muaj kev pauv hloov mus raws lub sijhawm thiab muaj tej yam tshwm sim txawv yog li ntawd qhov tseem ceeb tshaj plaws ces sawd daws yuav tau txhawj xeeb txog nyias li kev xav thiab nyias lub cev kom tau zoo tshaj plaws raws li qhov peb ua tau. Cov tswv yim saib xyuas rau yus tus kheej xws li ua ev xaws xais thiab kev mus tiv shav ntuj, kev sib tham nrog lwm tus neeg, thiab kev pw kom txaus tuaj yeem pab tau kev ntxhov siab thiab pab ua rau lub siab kaj huv uas yog muaj txiaj ntsig zoo thiab nyob nrog yus mus ntev. #EachMindMatters |

**A screenshot of a cell phone

Description automatically generated**