Instructions for adding logo

Please ensure you have downloaded the file to your computer prior to adding the logo.

Open the file using Adobe Acrobat Reader DC

1 Click in the area where your logo will be placed.

2 A window will open for you to select the logo you will use. Either a .jpg or .png file type is accepted.

Once you browse to the file, select and click "OK" Older versions of Adobe Acrobat Reader may require using a PDF logo file.

NOTE To download the newest FREE version of Adobe Reader click on this link or copy and paste into your web browser.
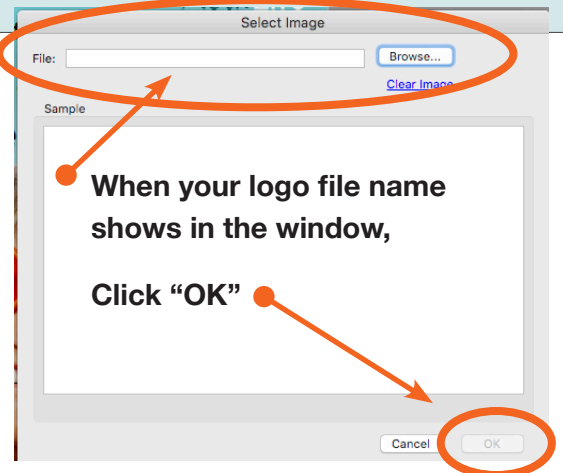
https://get.adobe.com/reader/

Some versions of Adobe Reader will show a blue background in the fillable area, the blue will not print.

3 Select "File, Save As" and save the file with a new file name.

Instruction for Printing

The flyers are printed on standard 8.5x11 paper.

Self-care suggestions brought to you by:

1

Company logo placed here

Resiliency strategies for a healthier immune system

Our resiliency is part of a healthy immune system. Being able to adapt during a time of crisis, stress and adversity requires purposeful actions. The good news is those actions can be small and still be powerful.

For emotional resiliency

Practice gratitude — Practicing gratitude helps you feel more positive emotions and reduce or eliminate negative ones. Studies have shown that people cannot feel both positive and negative emotions at the same time. *Let's think some positive thoughts!* Find at least 3 things to be grateful for every day or send thank you notes to people to show you care.

Maintain positive connections — Stay in touch with friends, check in with a neighbor, say thank you to a worker, or video call with a family member. Supportive relationships are key. Staying connected to others helps them as well as you.

Collaborate with others to help a cause — Donate fabric to make masks or start a collection of favorite recipes from your

friends to give to others as a gift. Focusing on positive things can be a great distraction and improve your well-being.

Select Image

File: [   ] Browse...

Clear Image

2

Sample

When your logo file name shows in the window,

Click "OK"

Cancel   OK

powered by **Align**™