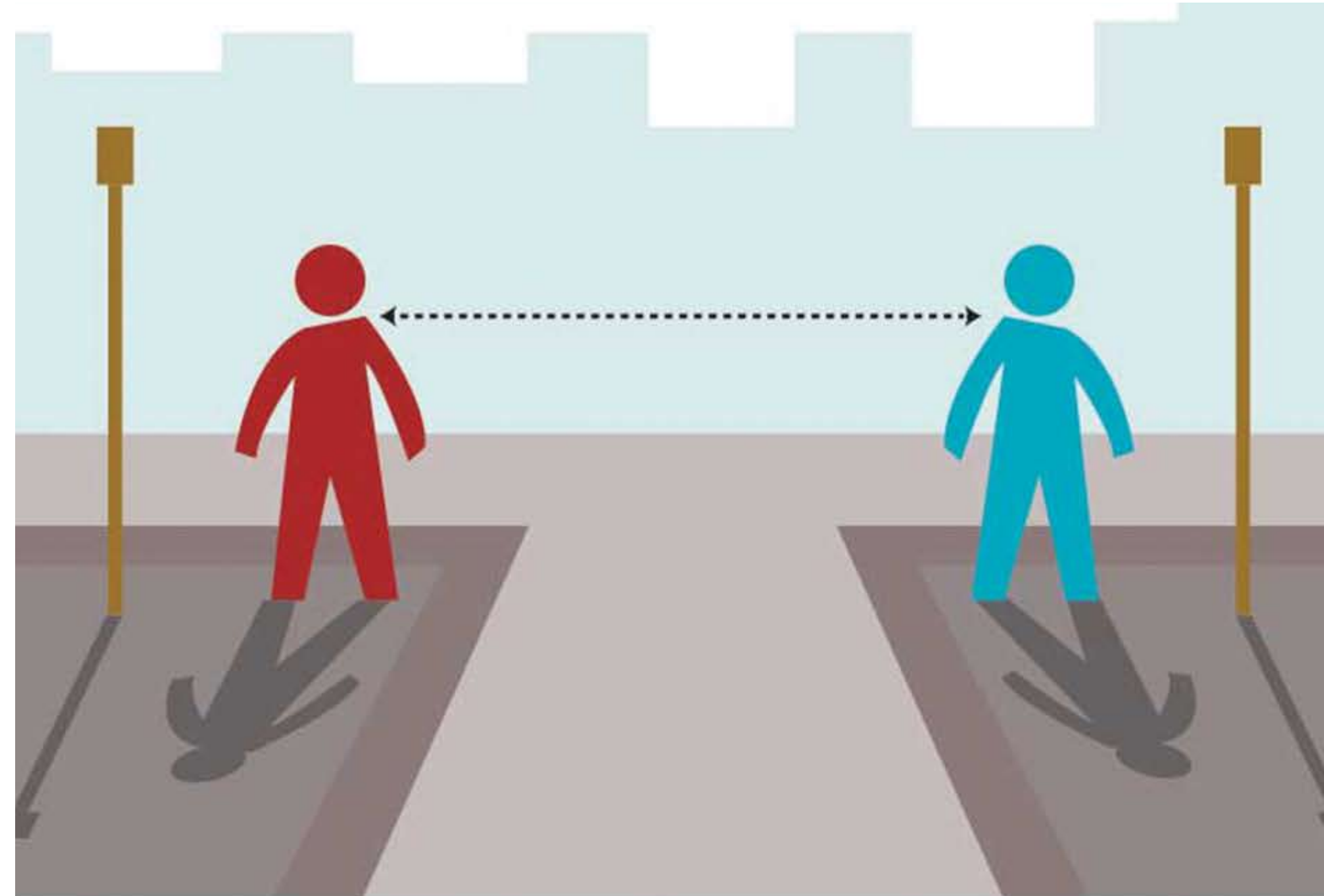


Focus on mental health

- Take breaks from consuming news reports related to the COVID-19 pandemic.
- Make time to unwind.
- Work on physical fitness.
- Set goals and priorities.



Safety+Health

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