**Social Media (Tagalog)**

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| 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 | Sa pamamagitan ng pananatili sa komunidad, kahit na magkakahiwalay tayong pisikal, makakaya at malalampasan natin ang krisis na ito tulad ng nalampasan nating mga hamon nuong nakaraan. #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 | Sa mga oras ng pagbabago at kawalan ng katiyakan, mas higit na mahalagang alagaan ang ating isipan at pangangatawan. Ang mga paraan sa pangangalaga sa sarili tulad ng pag-eehersisyo o pagpapalakas ng katawan at pagpapaaraw, pakikipag-ugnayan sa iba, at ang regular na pagtulog ay maaaring makabawas sa stress at magpaganda sa ating timplada. #EachMindMatters |

**A screenshot of a cell phone

Description automatically generated**