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### Practice self-care during the COVID-19 pandemic

- **Limit COVID-19 updates**
- **Use credible sources**
- **Take care of your body**
- **Stay connected**
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### Take care of your body

Stress can impact many parts of our bodies, and can cause shortness of breath, sore muscles and even fatigue. To avoid these side effects, it’s important to take care of your body. Deep breathing, meditation and yoga can all help.

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