Mind Over Matter

Strategies to Help Combat the Coronavirus Blues

Graphics & Toolkits

A Resource Guide
Compiled by the COVID-19 Schools Task Force FEMA Region VII and HHS Region 7
Kansas City, Missouri
September 2021
Welcome to the Graphics and Social Media Toolkit for the Mind Over Matter. Strategies to Combat the Coronavirus Blues Resource Guide!

What is this? A catalog of links to graphics and social media toolkits that can be used to support messaging for college and university campus communities to help combat COVID-19 fatigue and promote general wellness, both during and after the pandemic.

This toolkit supports the larger, Mind Over Matter Resource Guide in theme and content but with a few tweaks. Here, we added an additional category of (disease) prevention because we know that even with the advent of vaccines, the basic principles for stopping the spread of COVID-19 – masking, physical distancing, good hygiene and more – still will be needed for some time to come.

Who are we? A joint COVID-19 Schools Task Force, made up of staff from the Federal Emergency Management Agency (FEMA) and the U.S. Department of Health & Human Services (HHS) offices in Kansas City, Missouri. Since July 2020, the task force has focused on providing information to colleges and universities that will improve individual preparedness and general well-being throughout the entire campus community during the COVID-19 pandemic.

Why create this graphics toolkit? We know that visual imaging can play an important role in supporting messaging, no matter the topic. So we assembled links to graphics and resources to support the communication methods you’re using to support information about mental health at large and wellness in general.

Our research about mental health revealed that it’s not just about what’s going on in someone’s head. Rather, it’s holistic. It’s about understanding feelings and emotions, getting good sleep, managing stress, eating well, increasing physical activity and having fun along the way!

How to use this toolkit: Each thumbnail provides a quick visual of a suggested graphic or infographic, the exact name of the graphic (for easier searching if the web link changes), a short description of what the graphic shows, a web link to download directly and the source of the information.
Permissions: As an academic community, we know that you understand the importance of sourcing information and providing credit as applicable. We do too. So we ask that if you reproduce any of the information in this toolkit, you provide the proper credit to the originator of the material. We also recommend looking for any pertinent copyrights.

One final note: This toolkit represents a collection of online informational resources on the general topics of mental and physical wellness. It does not encompass all available information on these topics. Likewise, this material is not intended to provide medical advice or be a substitute for seeking the advice of a medical professional. This material also does not constitute an endorsement of any organization or resource material by FEMA, HHS or other agency of the U.S. Government.

Thank you for reading! We hope that you will find the content in the ensuing pages useful, and that our goal of contributing to the overall wellness at colleges and universities during the COVID-19 pandemic and beyond is successful.

Best regards,

HHS/FEMA Region 7 COVID-19 Schools Task Force

Note: Graphic images on the Table of Contents and theme pages are from The Healthy.com website, except for the sleep page, which is from a quotes series featured in Good Housekeeping magazine. The webpage content can be found at 17 Inspirational Quotes to Make Your Day and 20 Sleep Quotes that Capture the Sweet Bond Between You and Your Bed respectively.
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>feelings</td>
<td>5</td>
</tr>
<tr>
<td>fun</td>
<td>9</td>
</tr>
<tr>
<td>sleep</td>
<td>11</td>
</tr>
<tr>
<td>stress</td>
<td>15</td>
</tr>
<tr>
<td>wellness</td>
<td>19</td>
</tr>
<tr>
<td>prevention</td>
<td>24</td>
</tr>
<tr>
<td>media/social media toolkits</td>
<td>29</td>
</tr>
</tbody>
</table>
"A positive attitude won't solve all your problems—but it will annoy enough people to make it worth it."

HERM ALBRIGHT
Pretty in Pictures (Graphics u can use to spread the word)

Stay Connected to Combat Loneliness and Social Isolation

Long-length infographic that offers 5 tips for staying socially connected at any age.

Web link: Stay Connected to Combat Loneliness and Isolation
Source: National Institute on Aging

Pause and Take a Breath

3-page guide with 6 tips to take care of your emotional health and find helpful resources.

Web link: Pause and Take a Breath
Source: University of Missouri MU Extension

Feeling Stressed or Anxious About the COVID-19 Pandemic?

1-page infographic with easy-to-read tips for coping during a pandemic, as well as resources for additional assistance. PDF also available in Spanish.

Web link: Feeling Stressed or Anxious About the COVID-19 Pandemic?
Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

I Cannot Control/I Can Control

1-page graphic from an article titled ‘Emotional Well-Being and Coping during COVID-19.’

Web link: Infographic: I Cannot Control/I Can Control
Source: Univ. of California San Francisco, Dept. of Psychiatry and Behavioral Services

Simple Ways to Practice Gratitude

1-page infographic that spells out how to jumpstart your journey to positivity by using these simple ways to practice gratitude.

Web link: Infographic: Simple Ways to Practice Gratitude
Source: American Heart Association
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

**Care for Yourself One Small Way Each Day**

1-page infographic that shows way to care for yourself each day.

**Web link:** Care for yourself one small way

**Source:** Centers for Disease Control and Prevention

**COVID-19 and Your Mental Health**

Long-length infographic that illustrates mental health challenges and solutions associated with COVID-19.

**Web link:** COVID-19 and Your Mental Health

**Source:** Mental Health America

**Getting the Right Start**

Student Guide to Mental Health

Long-length infographic identifies 10 common warning signs of mental health problems and ideas for solutions.

**Web link:** Getting the Right Start - Student Guide to Mental Health

**Source:** National Alliance on Mental Illness

**Taking Charge of Your Mental Health**

Long-length infographic outlining 5 steps to take get help from how to choose a specialist to learning how to live well.

**Web link:** Taking Charge of Your Mental Health

**Source:** National Alliance on Mental Illness

**Want to Know How to Help a Friend?**

Student Guide to Mental Health

Long-length infographic that provides tips for how to help a friend who may be struggling with their emotions.

**Web link:** Want to Know How to Help a Friend?

**Source:** National Alliance on Mental Illness
“Self-care is not self-indulgence, it is self-preservation”

Web link: [17 Inspirational Quotes to Make Your Day](https://www.thehealthy.com)
Source: The Healthy.com

“Some days are going to be more of a struggle than others …

Web link: [17 Inspirational Quotes to Make Your Day](https://www.thehealthy.com)
Source: The Healthy.com

“And those who were seen dancing were thought to be insane …

Web link: [17 Inspirational Quotes to Make Your Day](https://www.thehealthy.com)
Source: The Healthy.com

“We must be willing to let go of the life we have planned …

Web link: [17 Inspirational Quotes to Make Your Day](https://www.thehealthy.com)
Source: The Healthy.com

“Adopt the pace of nature: Her secret is patience.”

Web link: [17 Inspirational Quotes to Make Your Day](https://www.thehealthy.com)
Source: The Healthy.com
"Today me will live in the moment. Unless it is unpleasant. In which case me will eat a cookie."

COOKIE MONSTER
Pretty in Pictures (Graphics u can use to spread the word)

Parked at Home

1-page graphic with a park theme to represent ways to virtually explore national parks throughout the U.S.

Web link: Graphic: Parked Home (Urban Park)
Source: National Park Service

Recreate Responsibly

1-page graphic with a park theme to reinforce the message of recreating responsibly by practicing physical distancing.

Web link: Graphic: Recreate Responsibly
Source: National Park Service

101 Ways to Cope With Stress

Colorful, 1-pager listing 101 ideas to help deal with stress.

Web link: 101 Ways to Cope with Stress
Source: Missouri Department of Mental Health

Social Distancing Selfie Bingo Challenge!

Graphic showing social distancing ideas for all ages via selfies of different activities and sharing those pics on social media accounts.

Web link: Social Distancing Selfie Bingo Challenge!
Source: Univ. of Maryland School of Medicine/Natl Center for School Mental Health

A good laugh and a long sleep are the two best cures for anything

1-page graphic that illustrates fun can be doing something as simple as a laugh or a nap!

Web link: 20 Sleep Quotes that Capture the Sweet Bond Between You and Your Bed
Source: Good Housekeeping magazine

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.
There is a time for many words, and there is also a time for sleep.

Homer
Pretty in Pictures (Graphics u can use to spread the word)

Getting a Good Night’s Sleep

Long-length infographic with 6 tips about how to get the ZZZs you need. Includes social media messaging ideas.

Web link: Graphic: Getting a Good Night’s Sleep
Source: National Institutes of Health

Workin’ on My Fitness

1-page graphic reinforcing the importance of sleep.

Web link: Graphic: Workin’ on My Fitness
Source: Sleep Education.org/American Academy of Sleep Medicine

Don’t Let Technology Consume You

Graphic reminder to put down the electronics to get a good night’s sleep.

Web link: Graphic: Don’t Let Technology Consume You
Source: Sleep Education.org/American Academy of Sleep Medicine

Repetitions Count. Calories Count. ZZZs Count.

Graphic reminder that sleep counts as much as fitness and food to your overall health.

Web link: Graphic: Repetitions Count Calories Count ZZZs Count
Source: Sleep Education.org/American Academy of Sleep Medicine

7 Tips for 8 hours of Sleep

7 different, individual infographics that each describe a tip for getting better sleep.

Web link: 7 Tips for 8 Hours of Sleep
Source: New York-Presbyterian Hospital
Sleep Well, Be Well

1-page graphic with 4 tips to improve your sleep and overall wellness.

Web link: [Sleep Well, Be Well](https://www.sleepeducation.org/americanacademyofsleepmedicine)
Source: Sleep Education.org/American Academy of Sleep Medicine

10 Tips for Better Sleep

1-page infographic outlining 10 tips to sleep better.

Web link: [10 Tips for Better Sleep](https://www.worldsleepsociety.org/worldeconomicforum)
Source: World Sleep Society/World Economic Forum

Courage to Care

Make Sleep a Priority!

1-page infographic that lists daytime dos and nighttime don’ts to improve your sleep.

Web link: [Infographic: Courage to Care Make Sleep a Priority!](https://www.centerforthestudyoftraumastress.org)
Source: Center for the Study of Traumatic Stress

Clean up Your Sleep Hygiene

5 tips to improve your sleep hygiene.

Web link: [Clean Up Your Sleep Hygiene](https://www.amerheartassoc.org)
Source: American Heart Association

Sleep Well

1-page infographic outlining a four-week plan of tips to help you get a full night’s sleep.

Web link: [Sleep Well Infographic](https://www.amerheartassoc.org)
Source: American Heart Association
Pretty in Pictures (Graphics u can use to spread the word)

Busy Days Make Planning Important. Don’t Forget to Schedule Nights Too.

1-page graphic that reminds you to plan for sleep, just like you plan for a busy day.

Web link: Graphic: Busy Days ... Schedule Nights Too
Source: Sleep Education.org/American Academy of Sleep Medicine

When I Wake Up, I am Reborn

Graphic emphasizing the importance of a good night’s sleep. 19 more images at same site, many with corresponding articles offering fixes for many sleep issues.

Web link: Graphic: When I Wake Up, I am Reborn
Source: Good Housekeeping magazine

I Love Sleep Because it’s like a Time Machine to Breakfast

Graphic subliminally encouraging a full night’s sleep (and a reminder to eat breakfast?) 19 more images at same site, many with corresponding articles offering fixes for many sleep issues.

Web link: Graphic: Sleep is like a Time Machine
Source: Good Housekeeping magazine

Dear Sleep, I’m Sorry We Broke Up This Morning

1-page graphic with sleep quotation saying ... “Dear sleep, I’m sorry we broke up this morning. I’ll do anything to get you back!” See hyperlink for 17 more graphics w/quotes.

Web link: 18 Sleep Quotes for People Who Love to Snooze
Source: The Healthy

I’m So Good At Sleeping, I Can Do It With My Eyes Closed

1-page graphic with sleep quotation saying ... “I’m so good at sleeping, I can do it with my eyes closed.” See hyperlink for 17 more graphics w/quotes.

Web link: 18 Sleep Quotes for People Who Love to Snooze
Source: The Healthy
"Not every day is good but there is something good in every day."

ALICE MORSE ERL
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

Manage Stress to Thrive

1-page chart that shows key elements of achieving personal resiliency in stressful times.

Web link: Graphic: Resilience Pyramid
Source: Cornell University Health

Managing Stress During COVID-19 (Coronavirus)

1-page infographic explaining how to recognize signs of stress and ways to cope.

Web link: Managing Stress During COVID-19
Source: Johns Hopkins Center for American Indian Health

Stop Stress in its Tracks

1-page infographic with tips to stop stress in its tracks.

Web link: Stop Stress in its Tracks
Source: American Heart Association

Five Science-Based Tips to Manage your Stress

Infographic outlining 5 easy, science-based tips to manage stress.

Web link: Infographic: 5 science-based tips to manage stress
Source: American Psychological Association

Willpower Up!

1-page infographic with tips to build or strengthen your willpower to keep positive habits going strong.

Web link: Infographic: Willpower Up!
Source: American Heart Association
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

**Fight Stress with Healthy Habits Infographic**

1-page infographic lists 10 healthy habits to help fight stress. Available in Spanish too.

**Web link:** [Fight Stress with Healthy Habits](#)

**Source:** American Heart Association

**Signs and Symptoms of Stress**

1-page infographic that lists signs and symptoms of stress, plus ideas of what to do to help yourself or a friend.

**Web link:** [Signs and Symptoms of Stress](#)

**Source:** Upper Midwest Agricultural Safety and Health Center

**Tips for Managing Stress During the COVID-19 Pandemic**

3 tips for managing stress during the COVID-19 Pandemic in a 1-page infographic.

**Web link:** [Wallet Card: Managing Stress During COVID-19](#)

**Source:** Substance Abuse and Mental Health Services Administration (SAMHSA)

**Working Adults: Care for Yourself One Small Way Each Day**

1-page infographic with 4 easy ideas to take better care of yourself each day.

**Web link:** [Working Adults: Care for Yourself One Small Way Each Day](#)

**Source:** Centers for Disease Prevention & Control

**Mindfulness Moment**

1-page infographic describing how to reduce stress by practicing mindfulness.

**Web link:** [Mindfulness Moment](#)

**Source:** United Way of Central Missouri
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

**Everyone Reacts Differently to Stressful Situations Like COVID-19**

1-page infographic that notes the emotional symptoms of stress.

*Web link:* [Everyone Reacts Differently to Stressful Situations Like COVID-19](#)

*Source:* Centers for Disease Control and Prevention

**Reduce your Stress**

1-page infographic that outlines 4 short steps to help reduce stress.

*Web link:* [Reduce Your Stress](#)

*Source:* Centers for Disease Control and Prevention

**Supports for Farmer Mental Health**

Infographic showing a variety of ideas to help support healthy options for farmers to improve their mental health.

*Web link:* [Supports for Farmer Mental Health](#)

*Source:* University of Iowa/University of Guelph

**We Either Make Ourselves Miserable or We Make Ourselves Strong**

Graphic with quote “We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.”

*Web link:* [17 Inspirational Quotes to Make Your Day](#)

*Source:* The Healthy

**Whenever I Hear Somebody Sigh ‘Life is Hard’ ...**

1-page graphic with quote “Whenever I hear somebody sigh ‘Life is Hard’ I’m always tempted to ask ‘Compared to what?’

*Web link:* [17 Inspirational Quotes to Make Your Day](#)

*Source:* The Healthy
“You can't really be present for the people in your life if you aren't taking care of yourself.”

KERRY WASHINGTON
**Pretty in Pictures (Graphics u can use to spread the word)**

**Tips for Self-Care During COVID-19**

7 tips for taking care of yourself during COVID-19 ranging from eating healthy to tapping into your friends for support.

**Web link:** [Tips for Self-Care During COVID-19](#)

**Source:** Merced College

**Awake at the Wheel**

Long-length infographic about the dangers of driving drowsy.

**Web link:** [Awake at the Wheel Infographic](#)

**Source:** Sleep Education.org/American Academy of Sleep Medicine

**Caring for Older Adults During COVID-19**

Infographic with tips for caring for older adults during COVID-19.

**Web link:** [Caring for Older Adults During COVID-19](#)

**Source:** Pan American Health Organization/World Health Organization

**10 Expert Tips for Working from Home**

Put on pants. Sip coffee during your home-to-work commute. Take breaks. Clock out on time. These are just a few ideas to help you settle into a new at-home work routine (which also includes doing the actual work piece)!

**Web link:** [10 Expert Tips for Working From Home](#)

**Source:** Everyday Health

**12 Tools for Your Wellness Toolbox in Times of Farm Stress**

1-pager with 12 simple steps for farmers to help cope with stress factors associated with farm life.

**Web link:** [12 Tools for Your Wellness Toolbox in Times of Farm Stress](#)

**Source:** North Dakota State University Extension Service
Pretty in Pictures (Graphics u can use to spread the word)

Make Every Bite a Meditation

1-page infographic with five easy ways to eat healthier by being mindful of your food choices.

Web link: Infographic: Mindful Eating
Source: American Heart Association

Sip Smarter Infographic

1-page infographic the lays bare the hard truth of how much sugar there actually is in many drinks and how to make smarter beverage choices.

Web link: Sip Smarter Infographic
Source: American Heart Association

Building Healthy Lunch Habits at Work Infographic

1-page infographic that shines a light on the food choices many Americans take when eating at work + links to recipes and resources for better eating.

Web link: Building Healthy Lunch Habits at Work
Source: American Heart Association

Make Every Move Count Infographic

1-page infographic that equates movement with milestones (did you know 10 mins. of stretching is like walking the length of a football field?)

Web link: Make Every Move Count Infographic
Source: American Heart Association

10-Minute Workout Anywhere

1-page infographic showing 10 easy things to get moving at home that even a professed couch potato can try.

Web link: Try the 10-minute home workout
Source: American Heart Association
Pretty in Pictures (Graphics you can use to spread the word)

How to Get Energy When You're Too Tired to Work Out
1-page infographic with 8 tips to boost your energy for a workout or just moving more.

Web link: How to Get Energy When You're Too Tired to Work Out
Source: American Heart Association

How Much Physical Activity Do You Need?
1-page infographic with expert tips for achieving 150+ minutes of moderate-intensity movement a week. Advice starts with: sit less.

Web link: How Much Physical Activity Do You Need?
Source: American Heart Association

Create a Circuit Home Workout Infographic
1-page infographic to tell you how to get a good workout without hitting the gym.

Web link: Create a Circuit Home Workout
Source: American Heart Association

What to Wear When You Work Out Infographic
1-page infographic outlining ways to make exercise safer and more comfortable, no matter the intensity of your movement.

Web link: What to Wear When You Work Out
Source: American Heart Association

Warm Up to Cool Weather Workouts
1-page infographic promoting ideas for comfortably working out in cooler weather, including what to do if your workout gets too cold.

Web link: Warm Up with Cool-Weather Workouts
Source: American Heart Association
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

Get Into Working Out Infographic

Horizontal, 1-page infographic with tips and tricks to make it easier on you to move more.

Web link: Get Into Working Out Infographic
Source: American Heart Association

Keep it Cool During Warm-Weather Workouts

Horizontal, 1-page infographic with tips to stay cool when you’re working out in warmer weather.

Web link: How To Keep Cool During Warm Weather Workouts
Source: American Heart Association

Move More for Whole Body Health

Simple message to move more, sit less. Aim for 150+ minutes of moderate-intensity aerobic activity per week.

Web link: Move More for Whole Body Health
Source: American Heart Association

Is Your Workout Working? Infographic

1-page infographic that shows how your favorite aerobic activities affect your health goals according to your weight.

Web link: Is Your Workout Working? Infographic
Source: American Heart Association

Keeping Your Feet Happy Infographic

1-page infographic that focuses on keeping your feet and legs comfy in order to support your workout goals.

Web link: Keeping Your Feet Happy Infographic
Source: American Heart Association
"If you think you are too small to make a difference, try sleeping with a mosquito."

DALAI LAMA
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

Keep your Social Distance
Freshen up your physical distancing messages with this 1-page, animal-themed graphic.

Web link: COVID-19 Safety and Social Distancing Graphics
Source: National Park Service

A Little Space Goes a Long Way
Use a fresh approach to physical distancing messages with this 1-page, nature-themed graphic.

Web link: COVID-19 Safety and Social Distancing Graphics
Source: National Park Service

Meeting Friends? Protect Yourself and Others from COVID-19
1-page graphic showing how to protect yourself and others with proper physical distancing.

Web link: Meeting Friends? Protect Yourself and Others from COVID-19
Source: Centers for Disease Control and Prevention

Tools for Getting 'Back to Normal'
4 tools we can use to help us get 'back to normal' sooner.

Web link: Getting Back to Normal Tools
Source: Centers for Disease Control and Prevention

How to Care for Yourself While Practicing Physical Distancing
Wide, 1-page Infographic of self-care strategies while physical distancing that can help reduce depression or anxiety, even before they start.

Web link: How to Care for Yourself While Practicing Physical Distancing
Source: Mental Health First Aid
**Pretty in Pictures (Graphics u can use to spread the word)**

*Note: Graphics shown have been cropped to fit the space. Click on web link for full version.*

---

**It’s a Two-way Street, Masks Protect You & Me**

1-page infographic showing the importance of mask wearing, not just for yourself but to help protect others as well.

**Web link:** [It’s a Two-way Street - Masks Protect You & Me](#)

**Source:** Centers for Disease Control and Prevention

---

**How to Take Off a Mask**

1-page infographic demonstrates and describes how to properly take off a face mask to avoid spreading any possible contaminants.

**Web link:** [How Take Off a Mask](#)

**Source:** Centers for Disease Control and Prevention

---

**Fur You and Others**

Clever set of 1-page graphics to reinforce the importance of mask wearing using a variety of different non-traditional messengers that are sure to get attention. More choices on webpage link below.

**Web link:** [Face Mask Graphics](#)

**Source:** National Park Service

---

**Masks Are In**

Clever set of 1-page graphics to reinforce the importance of mask wearing using a variety of different non-traditional messengers that are sure to get attention. More choices on webpage link below.

**Web link:** [Face Mask Graphics](#)

**Source:** National Park Service

---

**Be Bold**

Clever set of 1-page graphics to reinforce the importance of mask wearing using a variety of different non-traditional messengers that are sure to get attention. More choices on webpage link below.

**Web link:** [Face Mask Graphics](#)

**Source:** National Park Service
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

**Keep Calm and Wash Your Hands**
1-page graphic with the message “Keep Calm and Wash Your Hands.” Also available in poster size (11x17)

**Web link:** [Keep Calm and Wash Your Hands](#)
**Source:** Centers for Disease Control and Prevention

**Germs are all around you**
1-page infographic illustrating the number of places/ways we encounter germs and why handwashing is so essential. Also in poster size (11 x 17)

**Web link:** [Germs Are All Around You](#)
**Source:** Centers for Disease Control and Prevention

**Key Times to Wash Your Hands**
1-page infographic with bulleted points about when to wash hands.

**Web link:** [Key Times to Wash Your Hands (poster)](#)
**Source:** Centers for Disease Control and Prevention

**Weave A Basket for Safety Against COVID-19**
Infographic showing the importance of using the essential public health principles to protect against COVID-19.

**Web link:** [Weave a Basket for Safety Against COVID-19](#)
**Source:** Johns Hopkins Center for American Indian Health

**When Restrictions are Released, Avoid the 3 Cs!**
1-page infographic that provides information about avoiding closed and crowded spaces and close-contact conversations.

**Web link:** [Infographic: When Restrictions are Released, Avoid the 3 Cs!](#)
**Source:** Pan American Health Organization/World Health Organization
"People who wonder if the glass is half empty or half full are missing the point. The point is that the glass is refillable!"

SIMON SINEK

media & social media toolkits
**Pretty in Pictures** *(Graphics u can use to spread the word)*

*Note: Graphics shown have been cropped to fit the space. Click on web link for full version.*

---

**COVID-19 Public Education Campaign**

Multiple shareable resources, outreach tools and more to support the importance of getting vaccinated against COVID-19.

**Web link:** [We Can Do This Campaign](#)

**Source:** U.S. Dept. of Health & Human Services

---

**Social Media Toolkit—Tools 2 Thrive**

Multi-component Mental Health Month toolkit from 2020 on topics such as creating health routines, connecting with others, owning your feelings, etc. 2021 version expected to be released in March.

**Web link:** [Tools 2 Thrive for Mental Health Month (Multiple Toolkits)](#)

**Source:** Mental Health America

---

**How Right Now Resources**

Multiple 1-2 page mental and behavioral health resources that can be easily shared and communicated.

**Web link:** [How Right Now - Resources](#)

**Source:** How Right Now.org

---

**Ensuring COVID-19 Vaccine Safety in the U.S.**

General information about vaccines from the CDC to include myths and facts, FAQs and what to expect after getting a vaccine.

**Web link:** [Ensuring COVID-19 Vaccine Safety in the U.S.](#)

**Source:** Centers for Disease Control and Prevention

---

**List of COVID-19 Resources for People with Disabilities**

2-page listing of hyperlinks to various resources for persons with disabilities categorized by topic/need. Similar lists available for other populations.

**Web link:** [List of COVID-19 Resources for People with Disabilities](#)

**Source:** Centers for Disease Control and Prevention
Pretty in Pictures (Graphics u can use to spread the word)

Note: Graphics shown have been cropped to fit the space. Click on web link for full version.

**Feeling Good and Staying Connected Activity Guide**

Multi-page guide of ideas for persons of any age to improve their daily life during COVID through suggested experiences and learning, family and friends, health and wellness, and more.

*Web link:* [Feeling Good & Staying Connected, An Activity Guide](#)

*Source:* California Department of Aging

**Hang in There Social Media Toolkit (Native American)**

Toolkit contains 6 social media graphics and social media messages on topics such as wellness, prevention, vaccines and family well-being.

*Web link:* [Hang in There Social Media Toolkit](#)

*Source:* Johns Hopkins Center for American Indian Health

**Importance of Getting Tested Social Media Toolkit**

2 graphics + social media messaging about the importance of getting tested for COVID-19, based on CDC recommendations.

*Web link:* [Importance of Getting Tested Social Media Toolkit](#)

*Source:* Johns Hopkins Center for American Indian Health

**What is Contact Tracing Social Media Toolkit**

4 sample graphics and social media messages describing contact tracing and what to expect. Includes basic messaging that can be used for all populations.

*Web link:* [Contact Tracing Social Media Toolkit](#)

*Source:* Johns Hopkins Center for American Indian Health