**INSTAGRAM**

What is your favorite way to practice self-care? Caring for yourself is an important part of continuing to care for your community during the pandemic. Find tips for self-care, resources for coping with stress, and much more in our free, online resource, Psychological First Aid for COVID-19 Frontline Workers in AI/AN communities. Learn more from the link in our bio!

#selfcare #healing #communityhealth #skoden

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**FACEBOOK**

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**TWITTER**

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