

## Self Care

Governor Tony Evers announced today the launch of a new website - Resilient Wisconsin - which can be accessed through the following link: <https://www.dhs.wisconsin.gov/resilient/index.htm>

Even though "Safer At Home" is important, we all know it is not easy. Resilient Wisconsin is designed to provide you with the tools and resources needed to stay connected and reduce stress. Caring for yourself, staying connected, and reducing stress are extremely important during this ever-changing time. It's acceptable to ask for help and is not a sign of weakness to talk about your fears as they pertain to feelings of isolation, fear of becoming sick, or concerns over finances.

Your well-being matters and reducing stress keeps us grounded, able to care for others, and stay connected in supportive relationships.

We encourage you to visit [Resilient Wisconsin](#) to access important information and resources to stay connected and reduce stress.

We are resilient ...you are resilient. Take care of yourself.

And remember -

- Social distancing - maintain six (6) feet of distance from others
- Wash your hands constantly
- Cover your cough or sneeze with your arm
- Bottom line ... "Safer at Home" means "Safer at Home"