

Communities



Presenter: Sophie Balsters

I will talk about

*Community and it's
history*

Communities during COVID-19

My own COVID-19 experience



TO WHICH COMMUNITY DO YOU BELONG?

COMMUNITY

And it's



HISTORY



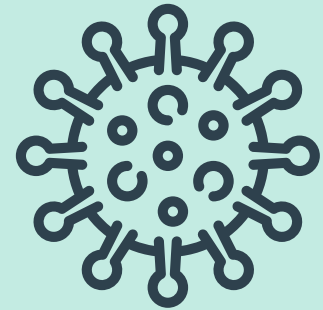
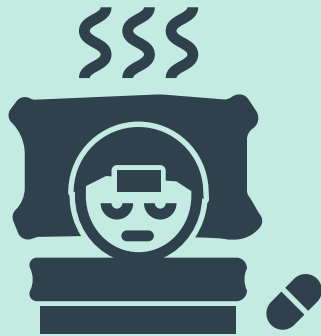


Maslow's hierarchy of need

Communities during corona



My own COVID-19 experience



Tips that might help you during corona



- Try to set an alarm every morning and go to bed around the same time



- Don't drink too much alcohol



- Try to stay busy



- Stay connected to friends and family by calling or facetime



- Try to stay healthy eat your greens and be active



- Be kind to yourself and don't be too harsh in these difficult times