



# MY COVID-19 STORY On Mental Wellness:

## Surviving the Stress

A PHOTOVOICE PROJECT

### *Stretch the Boundaries:*

Visiting places I haven't been to for awhile forced me to work through the fear I experienced while leaving the comforts of home.

### *Stay Studying*

Reading taught me that faith is not an idea, but rather an action. As unique are the testimonies of suffering, there exists a universal story of survival I proactively need to seek out daily.



### *Delight in Routines*

There was a time when I took for granted everyday activities. It wasn't until a time period of being restricted to participate in some of these activities, that I learned to appreciate and be grateful for what I have.



You are not alone.

National Suicide and Crisis Hotline Call 988

THIS POSTER WAS CREATED IN COLLABORATION WITH  
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