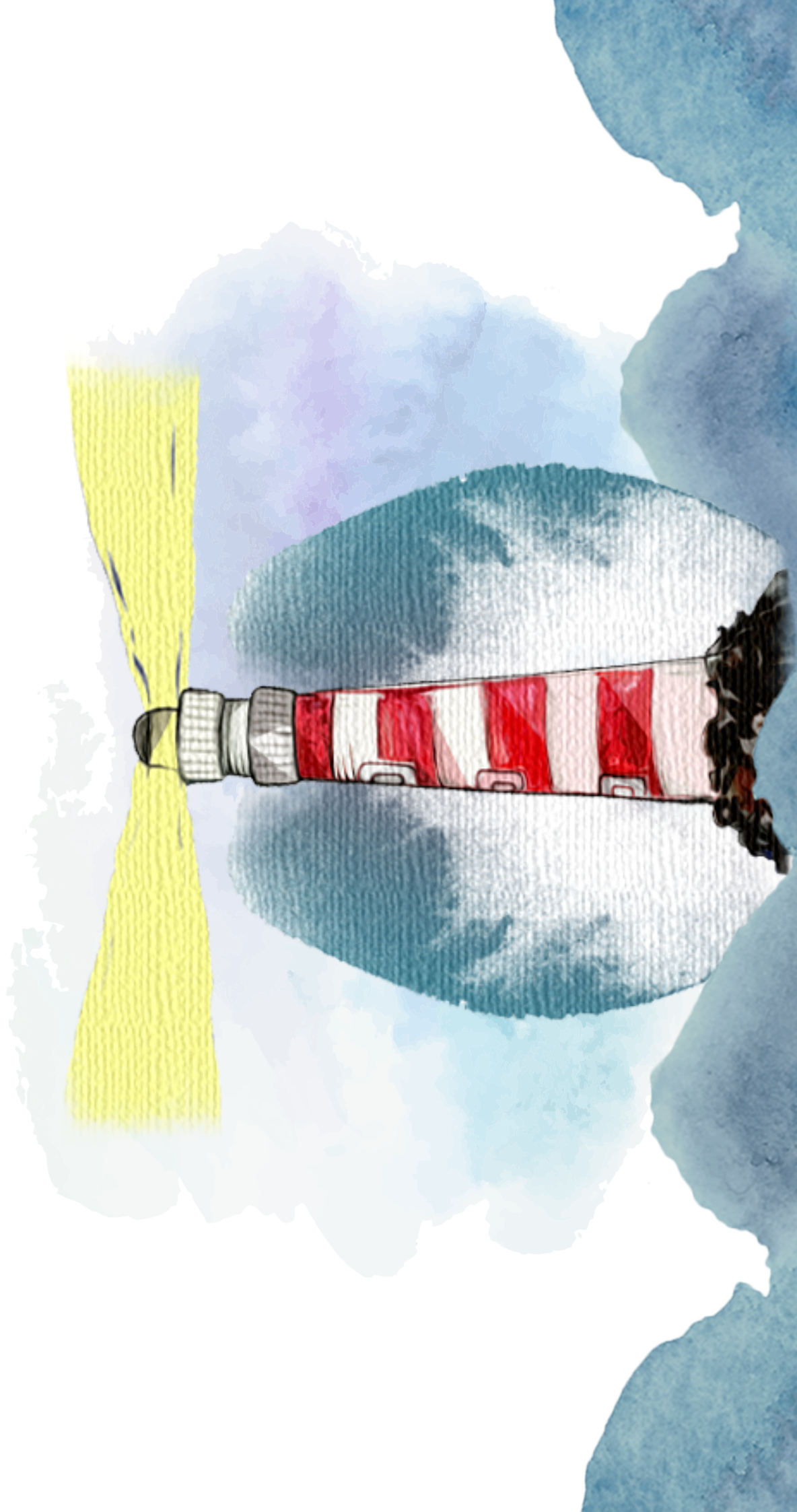




I CAN'T EMPHASISE ENOUGH HOW IMPORTANT IT IS FOR US, THOSE OF US WHO ARE PARENTS, TEACHERS AND THERAPISTS, WHO ARE IN POSITIONS OF INFLUENCE IN OUR COMMUNITIES... THAT DURING THE CURRENT SITUATION WE REGULATE OURSELVES. IF WE TAKE CARE OF OURSELVES, WE'RE GOING TO BE ABLE TO HELP THE PEOPLE AROUND US STAY CALMER, AND EVERYBODY'S GOING TO BE PHYSICALLY, SOCIALLY AND EMOTIONALLY HEALTHIER.

*DR BRUCE PERRY, MARCH 2020*