Quotations

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| Graphic Title | Original Post Content |
| Outdoors is Open | Need an energy boost? Head outside! COVID-19 has been a great reminder of the benefits, both mentally and physically, the outdoors offers all Missourians. Being outside can reduce stress, provide mental clarity and make us happier overall.  To view the Show Me Strong website, visit [ShowMeStrong.Mo.Gov.](http://showmestrong.mo.gov/?fbclid=IwAR0aslJHvtxOxX_8TC44YLcvi7CCLfxI_D2qlQ2YRHu_IBD22HBwShs5-5c) To see what you can continue to do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR1mdWb-mGP43GSzUz-eg_x4JPr5VV88Zd2nXm5Z0gS60vBVyOxioNz0Z64). |
| Physical Mental Health | Enjoy the outdoors! But, please do it safely during the COVID-19 pandemic. With many people in Missouri heading outside to enjoy the spring weather, the Missouri Department of Conservation reminds people that it is still critical for everyone to continue to heed all recommendations for physical distancing (avoiding overcrowding), handwashing and other public health measures during outdoor activities.  To learn more about what you can do to protect you and your family from COVID-19, visit [Health.Mo.Gov/coronavirus](http://health.mo.gov/coronavirus?fbclid=IwAR3H6D69ZYcYqngiIQtV2lXbsHW_PtE3NzuONAACrdECLFMzKyz54w0DiTk). |
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