

“Hope” Live Read Scripts

30-Second Live Read

We are strong. We are resilient. And we will get through this, together.

But these are stressful times, and it's important to also practice good self-care.

It's normal to feel overwhelmed, anxious or afraid. But there is hope.

Reach out to someone...

Connect with your friends...

Stay in touch with your community...

And know that you are not alone.

Learn more at [We Are Broadcasters dot com, slash hope](http://WeAreBroadcasters.com/slash/hope).

Furnished by the National Association of Broadcasters and this station.

15-Second Live Read

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