

>> I understand this is a really rough time for all of us. And because of the social distancing, people are going through anxiety and even depression right now.

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But I encourage everyone to stay strong, to stay positive, and stay optimistic.

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I encourage you guys to keep reaching out to your friends, loved ones, all the relationships that you have, constantly call them, FaceTime them. Even though we are, you know, more socially distant now --

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that doesn't mean we can't still talk with them. And that's, that --

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those connections are really important. So, I encourage you guys to keep that up and --

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I'm confident we'll get through this together.