

Isolation Well-Being Daily Checklist

- Shower
- Take prescribed medication
- Drink water
- Start or maintain a healthy diet
- Maintain sleep/wake schedule
- Clean one thing/area
- Tend to something living/growing

Be mindfully present to:

- A sound or song
 - A sensory feeling
 - Something you see
 - A spiritual practice
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- Reach out to a person outside your home
 - Do one thing to get your heart rate up
 - Do one thing you'll be glad you did later
 - Do one thing just because you want to
 - Have at least one good laugh