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

☐ 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