

Pandemic Isolation Well-Being Daily Checklist

- Shower
- Medication
- Drink Water

- Clean one thing/space
- Tend something growing/living

Be mindfully present to...

- A sound or song
- A sensory feeling
- Something you see
- A spiritual practice

- Reach out to a human 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
- Get in at least one good laugh