ISOLATION WELL-BEING

☐ 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