

ISOLATION WELL BEING

Action Mon Tues Wed Thurs Fri Sat Sunday

Shower

Medication

Drink Water

Clean one thing/space

Tend one thing
growing/living

Be mindful of...

A sound or a song

A sensory feeling

Something you see

A spiritual practice

Reach out to a human
outside your home

Do one thing to get
your heartrate 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