

ISOLATION WELL-BEING

- SHOWER
- PATIENCE
- MEDICATION
- MOVE !!
- DRINK WATER
- BREATHING
- CLEAN ONE THING / SPACE
- WHAT 3 THINGS AM I GRATEFUL FOR?
- TEND SOMETHING GROWING

BE MINDFULLY PRESENT TO...

- A SOUND or SONG
- A SPIRITUAL PRACTICE
- A SENSORY FEELING
- SCENTS
- SOMETHING YOU SEE
- WRITING
- REACH OUT TO A HUMAN OUTSIDE UR HOME
- DO ONE THING TO GET UR 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
- CONNECT TO NATURE / ANIMALS