

## Shelter in Place Well-Being Check List

### Basic Self-Care:

- Shower
- Eat healthy food
- Drink plenty of Water
- Healthy Sleep and Morning rituals
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### Basic Environment Care:

- Clean one space
- Take care of something growing/living
- \_\_\_\_\_

### Be Mindfully Present to:

- Slow down with your senses. Notice items below and focus on the sensation.
  - Something you hear: a sound or song
  - Something on your skin: a sensory feeling
  - Something you see: a vivid experience
  - Something you smell: pleasurable aroma
  - Something you taste: makes your mouth water
- A spiritual practice and/or gratitude list
- \_\_\_\_\_

### Self-Care to Thrive:

- Reach out to a human outside your home
- Build something, create something, craft
- 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 a least one good laugh
- Get time outside for fresh air and sun
- \_\_\_\_\_

### Things to other people are finding helpful:

- Watching animal videos
- Comedy...laugh
- Play virtual games with friends/family
- Giving themselves time to cry or feel sad, but not getting stuck there
- EFT/Tapping
- Joining groups online
- Fostering an animal or getting a pet
- Starting a garden
- Meditation/Deep breathing