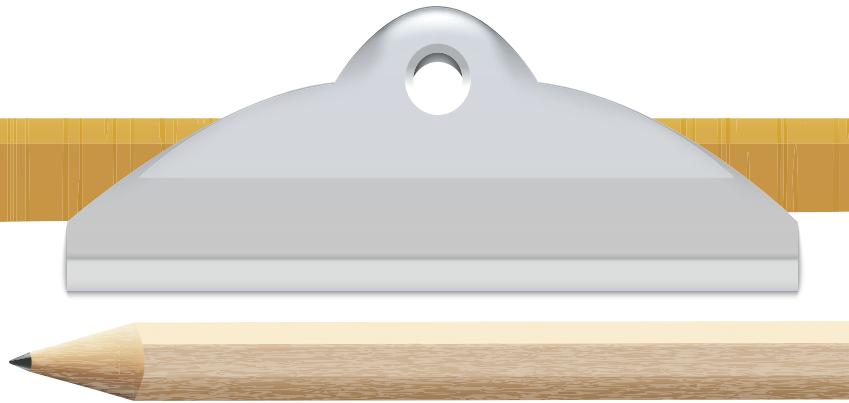


Preserving Well-Being in Isolation: A Daily Checklist for Supporters



The pandemic has made the closure of some public places, suspension of activities, and social distancing efforts last longer than any of us expected. While these measures are helping many stay healthy, they may increase feelings of loneliness and isolation, especially around holidays and special occasions. Isolation can worsen existing medical or mental health conditions and disrupt daily routines. Staying engaged in your space and connected to others can help reduce feelings of isolation and promote well-being. Try to engage in as many of these activities as you can each day:

- Shower**
- Take medication or vitamins**
(if you take them)
- Drink water**
- Clean one thing/space in your home**
(like a room or a closet)
- Tend to something growing**
(a plant!)/living (a pet!)
- Be mindfully present to**
 - A sound or song
 - Listen to a song or a bird singing with your eyes closed
 - A sensory feeling
 - Think about how warm water feels when you're washing your hands
 - Something you see
 - Look at a poster/painting or decoration in your home and find something new
- A spiritual practice**
 - This can be a prayer, positive thought, or breathing exercises
 - Practice gratitude by thinking about things you appreciate
 - Keep track in a journal app like "Gratitude: Journal & Reminders"
- Reach out to a person outside your home**
 - By text, email, phone call or Zoom
- Do one thing to get your heart rate up**
 - Walk, jog, dance, anything that gets you moving!
- Do one thing just because you want to**
 - Watch your favorite show, read a book/magazine, do your nails
- Get in at least one good laugh**
 - Watch a funny show or movie
 - Tell a funny story to a friend or family member