

DAILY WELL-BEING CHECKLIST

- Take a shower or bath
- Take any necessary medication
- Drink water
- Clean one thing / space in your home
- Tend something growing / living

Be mindfully present to:

- A sound or song
 - A sensory feeling
 - Something you see
 - A spiritual practice
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- 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
 - Get in at least one good laugh