**Daily Check-ins**

Make it a habit to check in with yourself throughout the day.

Most of us are out of our daily routines, and that can make it difficult to stay healthy – both physically and emotionally. Make it a habit to check in with yourself throughout the day. How is your body doing? What do you need?

## How do you feel?

### Overwhelmed

**What can help?**
- Breathe deeply.
- Tell yourself, “I can do this. All I need to do right now is focus on this one thing.”

### Sad

**What can help?**
- Breathe.
- Tell yourself, “It’s okay to be sad. I will get through this.”
- Talk to someone about your feelings.
- Do something kind or say something kind to someone else.

### Dehydrated

**What can help?**
- Get some water, keep it handy the rest of the day. Set a reminder on your phone or your watch to remind yourself to take regular drinks the rest of the day.

### Tired

**What can help?**
- Get off your feet.
- Breathe, eat something, drink water, leave work on time, ask for help, go to bed earlier tonight or, if possible, take a short break or nap.

### Hungry

**What can help?**
- Take a break to get a snack or a meal. Maybe “share” a meal over a video chat. Keep a snack handy for the rest of the day.

### Uncomfortable

**What can help?**
- Are you in pain?
- Do you need to rest? Did you eat? Would walking or stretching help? What can you cut from the rest of your day to allow for more breaks or rest?

### Alone or Isolated

**What can help?**
- Give someone a genuine compliment or ask them about their day/weekend. Does anyone need help with supplies? Call, write or text someone. Ask for help.
- Ask others if they need help.