

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.