

Isolation Survival Guide

For You

- The basics:**
 - Shower
 - Medication
 - Drink Water
- Exercise/walk - do something to raise your heart rate**
- Play - do something just because you want to**
- Laugh**
- Limit exposure to news**
- Clean or fix something**

- Be mindfully present to...**
 - a sound or song
 - a sensory feeling
 - something you see
 - a spiritual practice

- Have something to look forward to (short term and long term)**
 - your next meal
 - talking with a friend
 - a take out meal later in the week
 - reunion with family/friends
 - plan your next vacation

For Others

- Tend to something growing/living**
- Make/bake/write something**
- Reach out to someone outside your home**
- Make someone smile**
- Encourage someone**

Growth

- Take on a challenge/try something new (pushups, running, guitar, new recipe...)**
- Do something that you'll be glad that you did later**
- Finish a project that you have started**
- Read/Re-read a book**
- Explore a curiosity (I wonder what/how...)**
- Remind yourself of something good**
- Be hopeful that things will be better before too long**