



# WELLNESS GUIDE

05/05/2023

## DAILY PERSONAL CARE CHECKLIST

### Upon waking

- Slept at least seven hours
- Checked medical conditions and took medication
- Stayed home if felt sick

### Away from work

- Did 30 minutes of fast walking or other moderate activity
- Ate healthy, well-balanced meals
- Made time for personal hygiene
- Recharged from work with music, meditation, talking to someone, etc.

## FAMILY CARE CHECKLIST

### Did we ...

- Make “rules” that help our family feel safe: basic hygiene, cleaning, any special living arrangements?
- Use calming strategies with family and keep routines?
- Call or use the internet to connect with family?
- Work as a family team to deal with daily challenges and to explain COVID-19 to our children?

## STRESS CHECK-UP

### Do I...

- Feel irritated, angry, or in denial?
- Feel uncertain, nervous, or anxious?
- Lack motivation or concentration?
- Feel tired or that everything is too much?
- Feel sad or depressed?
- Have trouble sleeping?
- Use more alcohol, tobacco, or drugs?
- Grieve for someone who died?
  - *Talk to someone if you are stressed.*

## WAYS TO COPE WITH STRESS AND GRIEF

### Did I ...

- Talk to family, friends, people at work, or religious leaders about my feelings?
- Write down my feelings to help process them (see daily journal ideas)?
- Practice breathing and relaxation skills; take part in religious or spiritual activities?
- Focus on what I can control?
- Make basic needs and physical health a priority?
- *Call the 988 Suicide & Crisis Lifeline (988) if you feel like hurting yourself or someone else.*

## WHERE TO TURN FOR SUPPORT

- Mental Health Minnesota Helpline: call 800-862-1799
- Disaster Distress Hotline: call 800-985-5990 or text “TalkWithUs” to 66746
- Crisis Text Line: text “HOME” to 741741
- 988 Suicide & Crisis Lifeline: call or text 988 or [chat at 988lifeline.org](https://www.988lifeline.org)

## DAILY JOURNAL IDEAS

- What do I need to be and stay at my best?
- What was the hardest thing for me today?
- What do I feel good about today?
- What inspired me today?
- What gave me hope today?
- Do I need to talk or process something with my buddy?
- What did I learn about myself today?
- What am I going to dream about?
- What can I do better?
- What do I need to start again tomorrow?

## NOTES