

WELLNESS at HOME

What you can do to stay mentally and physically well (yes, they are connected!)

1. Have a normal sleep/wake schedule for everyone in your household (naps are okay if they do not interfere with a healthy sleep schedule) — try to wake up early and go to sleep early
2. Have a supply of cleaning and paper products
3. Have normal cupboard items stocked in your kitchen (rice, quinoa, beans, a few healthy snack items such as trail mix)



4. **Eat healthy foods — vegetables, fruit, and lean proteins (consider getting a local farm or a produce subscription box)**
5. Limit processed foods, sodium-rich foods, caffeine, and sugar
6. Drink plenty of water (and hot tea if desired)
7. Have some meals prepped and frozen
8. Have medications filled and take vitamins (as directed by a doctor)



9. **Keep home clean, tidy, and organized**

10. Wash dishes (after use or at least before you go to bed)
11. Wash clothes regularly
12. Use a wellness app or otherwise limit time online



13. **Do not use electronics at least an hour before your bedtime (have amber lighting or grayscale lighting turned on in the evening)**
14. Have a “cut-off time” for news consumption (such as 8 p.m.)
15. Spend some time in the fresh air (maintaining distance from others and not on playgrounds, always letting others know where you are)
16. Exercise (if your doctor recommends)
17. Call your doctor or a teledoctor if you are feeling ill



18. **Pick up the phone and check-in with family and friends, especially the aging and those with compromised immune systems**
19. Spend time connecting with friends and family whether in person with those in your

household or digitally with those not in your household (Netflix Party, Chrome ext., online video games, video chat such as FaceTime or Meet)

20. Limit leaving your home to necessary trips



21. **Wash your hands and follow guidelines as directed by the CDC**
22. Have a loose schedule daily, changing activities at least every hour
23. Focus on hobbies/interests
24. Focus on what you can do to help the pandemic (whether it is as a front-line worker, volunteering your time, or staying home)
25. Recognize that feelings of anxiety are normal during this time — practice self-compassion



26. **Use coping skills (mindfulness skills, grounding, breathing techniques)**
27. Focus on what you can control rather than what you cannot control