



NAME: _____

DATES: _____

WEEKLY PANDEMIC CHECKLIST

USE THIS CHECKLIST TO ENSURE YOU ARE ACTIVELY DOING THINGS THROUGHOUT THE WEEK TO PROMOTE A HEALTHY FRAME OF MIND

- EAT THREE MAIN MEALS A DAY
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH FAMILY/FRIENDS VIA PHONE OR VIDEO CHAT
- WATCH AN INSIGHTFUL MOVIE/SHOW
- COMPLETE A JOURNAL ENTRY
- HAVE A MINI PAMPER SESSION
- DRINK TEA
- TRY SOMETHING NEW
- READ A GOOD ARTICLE/BLOG