

**ESTABLISHING A FOUNDATION FOR GOOD MENTAL HEALTH:  
PANDEMIC EDITION**

**Daily basics**

**Build Mastery:** Do one thing that is *just* hard enough to feel like an accomplishment

**Eat:** Stock up on a variety of food, have scheduled meals

**Addictions:** Plan activities for peak times you normally over-eat/use drugs/etc.

**Clean:** Disinfect frequently touched surfaces; wash hands often

**Health:** Fill prescriptions; physically distance; stay hydrated

**Exercise:** Mild to moderate (20-45 min) exercise, 3 times a week

**Sleep:** Practice good sleep hygiene; plan for 6-10 hours at night; nap as needed

**Remember to Practice Balance**

Connecting with others *and* Connecting with self

Sitting still *and* Moving around

Taking in the news *and* Shutting the world out

Challenging yourself *and* Enjoying yourself

Doing it alone *and* Asking for help

*Rate yourself between 1 and 5: How did you do today?*

<b>Basics</b>	<b>(1-5)</b>	<b>Practicing Balance</b>	<b>(1-5)</b>
Build Mastery		Connecting with Others & Self	
Eat		Sitting & Moving	
Addictions		Taking in & Shutting out	
Clean		Challenging & Enjoying	
Health		Doing & Asking	
Exercise			Y/N
Sleep		<b>Did I celebrate my successes?</b>	