**A stay-healthy checklist for body and mind**

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**+A GOOD ROUTINE** ----------------------------------------------------------------------------------------  
Create structure and stability by keeping your usual routine. Try to accomplish at least one productive thing a day: Laundry, washing dishes, taking a bath. They all count. Even simple tasks can feel overwhelming right now. So be kind to yourself. Small things are challenging. Kudos for making them happen.

**+SLEEP, DIET, EXERCISE** ---------------------------------------------------------------------------------

Sleep, eat and move. Walk anywhere. Inside or out. Take care with wine, beer and alcohol. Overindulgence can hurt and bother your sleep and mood. Be mindful.

**+LET THE SUNSHINE IN** ----------------------------------------------------------------------------------

Breathe in fresh air. Feel the sun. Get outside as much as you can while following local guidelines and laws.

**+FIND THAT LONG LOST HOBBY**----------------------------------------------------------------------

Is there a languishing saxophone, zither, recorder, camera, paint set or puzzle box in the back of your closet? If you feel like you suddenly have a lot of free time, now may the moment to resurrect a forgotten pastime. Paint by numbers, anyone?

**+FRIENDS & FAMILY, VIRTUALLY** --------------------------------------------------------------------

Zoom together. We may be physically isolated, but we do not need to be psychologically isolated. Reach out to friends and family. Try FaceTime, Zoom, WhatsApp, Skype and other platforms that let you see friends while you talk.

**+NEWS & SOCIAL PAUSES** -------------------------------------------------------------------------------  
Social media can be a great way to connect, but too much can be just that. Let yourself turn it off. Staying informed is important, but don’t check the news more than a few times a day. Even that can be too much. Listen to your instincts. Pause when you need to.

**+EMOTIONS CAN MOVE** ----------------------------------------------------------------------------------

Acknowledge grief, sadness and other difficult feelings rather than ignoring them. Noticing emotions and letting yourself feel them is a sign of emotional agility. For more insight, check out this excellent article about [grief in this time of social distance](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief) from the Harvard Business Review.  
  
**+STRESS STRATEGIES** ------------------------------------------------------------------------------------

Practice stress management, like breathing exercises, meditation and yoga. They help manage anxiety and stress. Discover meditation techniques online. Apps and websites with tips are free or come with discounts. Consider Smiling Mind at smilingmind.com.au, Headspace.com, Calm.com and the Apple Breathe app. Lessons in grounding techniques can help. Try Googling on your own to find videos and resources that resonate.

For uplifting perspective, take a listen to Laurie Santos, a professor at Yale University, who shares the latest scientific research and surprising stories at The Happiness Lab, a podcast at happinesslab.fm. She also teaches an excellent, [free course](https://www.coursera.org/learn/the-science-of-well-being?action=enroll#instructors) on the science of well-being.

If you do find yourself overwhelmed with anxiety, focus on one day at a time. If that doesn’t work, pick one worry and make a plan to tackle it.

**+BE GOOD TO YOURSELF** --------------------------------------------------------------------------------

Self-compassion is one of the greatest tools to get through this difficult time. For ideas, check out the resources, information and exercises from Kristin Neff, PhD, at [self-compassion.org](http://www.self-compassion.org).