

Pandemic Well-Being Plan

WEEK OF _____

ACTIONS	M	T	W	TH	F	S	SU
Write in journal							
Listen to inspiring song or podcast							
Reach out to someone							
Take a walk or exercise							
Get in at least one good laugh							
Do one creative thing							
Read for fun							
Be grateful							
Clean one thing/space							
Do one thing you'll be glad you did later							