

# 7-STEP DAILY CHECKLIST

for looking after our emotional wellbeing during COVID-19

- 1** **Breathing** deeply as much as we can during the day
- 2** **Nourishing** our bodies with good food and sleep
- 3** **Respecting** our feelings if we're sad, angry or scared
- 4** **Connecting** with someone who cares for us or makes us laugh
- 5** **Relaxing** by switching off from work and news and doing something easy that we enjoy
- 6** **Moving** our bodies in a way that is fun or feels good
- 7** **Taking notice** of the good things in our lives

