

COVID EVERYDAY CARE ROUTINE

TO - DO LIST

Gargle w/ Salt water



Eat Breakfast



Wash



Vitamins



Latte, snack or lunch



Activity



Rinse Sinus w/ Salt water



Eat Dinner



Minerals & Medication

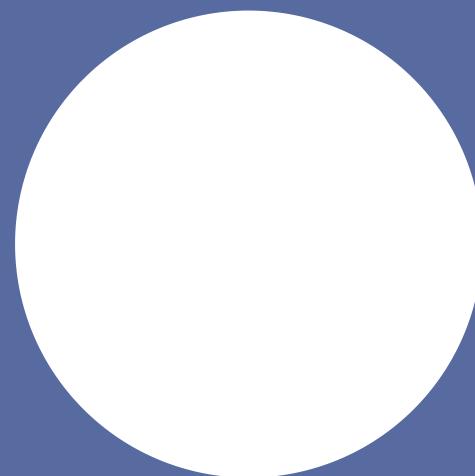


Read

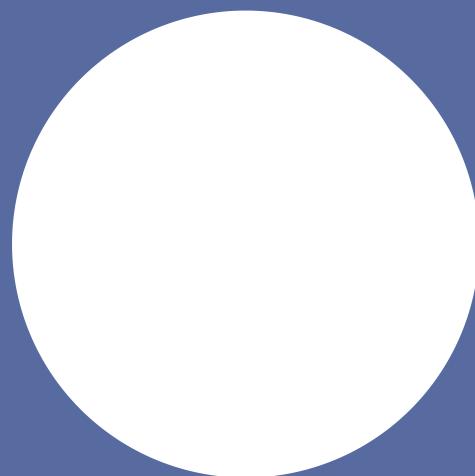


HOW DO I FEEL TODAY?

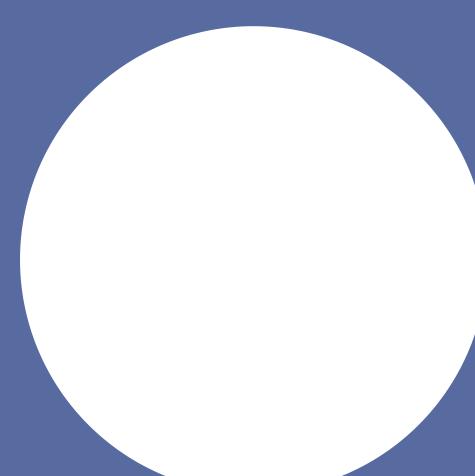
Current Mood:



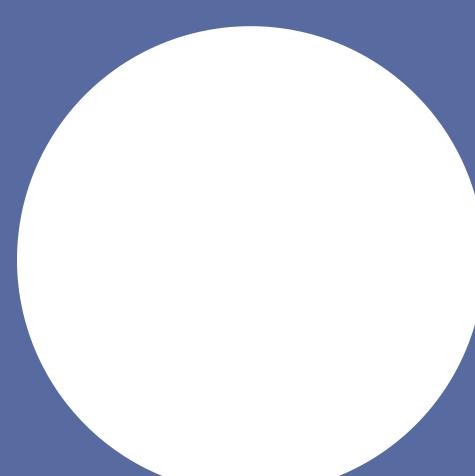
Body Aches:



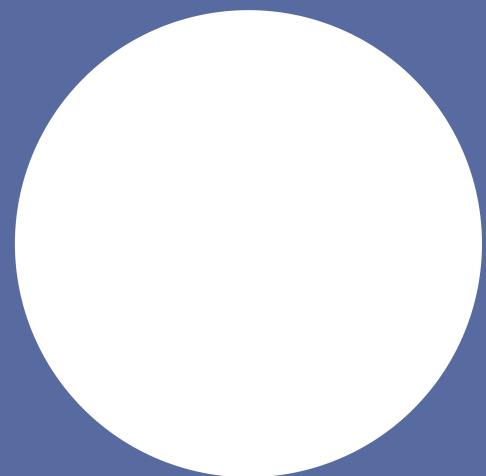
Breathing level:



Phlem/ Goo
Amount:



Fever:



Covid Self-Care

**WHICH OF THESE HAVE YOU DONE
TODAY?**

- EAT TWO TO THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- PRAY, MEDITATE, LISTEN TO TEACHINGS
- BATH OR SHOWER
- DO A GRATITUDE LIST/ JOURNAL
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE: YOGA, THAI CHI, WALK
- CALL A FRIEND
- TAKE VITAMINS, MINERALS & MEDICATION
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SES
- REST
- LEARN A NEW SKILL
- READ A BOOK



This or
That

TOP PICKS TO-DO WHEN YOU HAVE COVID

Ginger tea

Shower

Rest

YouTube

Walk

Soup

Self-Care

Golden Latte

Epsom Bath

Yoga

Read

Sit in the sun

Salad

Clean-Up

Flu/Covid Shopping List

