During these challenging times, we could all use gentle reminders about what kinds of things we should still be doing each day, and all that we’ve accomplished. “Optimizing performance” probably takes on a different meaning for many people these days. While this list certainly isn’t comprehensive, you can use the tasks on this checklist (or fill in your own) to support a healthy sense of well-being in the midst of adversity and disruption.

**Essential tasks:**

- Accountability check-in
- Medications
- ____________________________

**Be physically active for at least 30 minutes:**

- Daily PT
- Walk outside
- ____________________________

**Be mindfully present to:**

- A spiritual practice
- A sound or song
- A feeling or emotion
- ____________________________

**Virtually connect with someone outside your home:**

- Battle buddy
- Family
- Friend
- ____________________________

**Food for thought:**

- Prepare a healthy meal
- Try a new recipe
- ____________________________

**Write down one thing you’re grateful for:**

- ____________________________
- ____________________________

For more resources on how to cope during these challenging times, visit [https://www.hprc-online.org/total-force-fitness/hope-covid-19](https://www.hprc-online.org/total-force-fitness/hope-covid-19).