

COVID-19

HOPE* AND WELL-BEING DAILY CHECKLIST

**Honesty | Optimism | Professionalism | Empathy*

This information is also available online at hprc-online.org/total-force-fitness/hope-those-covid-19-frontline/featured-resources/hope-and-well-being-daily.

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>.

HOPE for those on the COVID-19 frontline

HONESTY | OPTIMISM | PROFESSIONALISM | EMPATHY