



COVID-19 Wellness Pocket Guide

DAILY PERSONAL CARE CHECKLIST

Morning

- Slept at least seven hours
- Checked medical conditions and took medication
- Stayed home if felt sick

Afternoon and evening

- Did 30 minutes of fast walking or other moderate activity
- Ate healthy, well-balanced meals
- Made time for personal hygiene
- Recharged from work with music, meditation, talking to someone, etc.

FAMILY CARE CHECKLIST

Did we ...

- Make “rules” that help our family feel safe: basic hygiene, cleaning, any special living arrangements?
- Use calming strategies with family and keep routines?
- Call or use the internet to connect with family?
- Work as a family team to deal with daily challenges and to explain COVID-19 to our children?

STRESS CHECK-UP

Do I...

- Feel irritated, angry, or in denial?
- Feel uncertain, nervous, or anxious?
- Lack motivation or concentration?
- Feel tired or that everything is too much?
- Feel sad or depressed?
- Have trouble sleeping?
- Use more alcohol, tobacco, or drugs?
- Grieve for someone who died from COVID-19?

Talk to someone if you are stressed.

WAYS TO COPE WITH STRESS AND GRIEF

Did I ...

- Talk to family, friends, people at work, or religious leaders about my feelings?
- Write down my feelings to help process them (see daily journal ideas)?
- Practice breathing and relaxation skills; take part in religious or spiritual activities?
- Focus on what I can control?
- Make basic needs and physical health a priority?

If you feel like hurting yourself or someone else. Call the National Suicide Prevention Lifeline (800-273-8255)

WHERE TO TURN FOR SUPPORT

- “COVID Cares” Support Services offers 20-minute phone support from 9 a.m. to 9 p.m.; www.mnpsychsoc.org/covid-care-schedule.html
- Disaster Distress Hotline, call 800-985-5990 or text “TalkWithUs” to 66746
- Crisis Text Line, Text “MN” to 741741
- National Suicide Prevention Lifeline, call 800-273-8255

DAILY JOURNAL IDEAS

- What do I need to be and stay at my best?
- What was the hardest thing for me today?
- What do I feel good about today?
- What inspired me today?
- What gave me hope today?
- Do I need to talk or process something with my buddy?
- What did I learn about myself today?
- What am I going to dream about?
- What can I do better?
- What do I need to start again tomorrow?

NOTES



STAY SAFE MN

Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert St North PO Box 64975, St Paul, MN 55164-0975

Contact health.communications@state.mn.us
to request an alternate format.

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