

- **Start the day with an intention** for yourself personal or professional. Check in before the day ends on that intention.
- **Set your own non work-related SMART goals** and pick a friend to check in around goals regularly.
- **Direct your energy to things in your control and influence.** Channeling energy into things you can impact will help you accomplish your tasks, small and large.
- **Spend one hour doing something just for you.** Call or text a loved one. Read an article or book. Eat a snack, meditate, have a dance party. Whatever you do, do it for *you*.
- **Write your needs down and share them** with people who can help you meet them, friends or colleagues. It is important to be aware of your needs and have ways of having those needs met.

- **Set up regular virtual meetings** with co-workers to check-in and share ideas.
- **Maintain your existing social spaces virtually.** Have an online “happy hour” with friends. Meet with your book club, knitting group, and workout buddies at your normal times via video chat.
- **Join a local support system.** Many cities, towns, and neighborhoods have set up mutual aid networks where folks who are healthy can help coordinate food delivery, childcare, and housing.
- **Take the opportunity to call friends/family members** you don’t talk to regularly. Everyone is in the same boat and needs to connect.
- **Invite friends to virtually join you in activities you normally do alone.** Set up the computer in your kitchen and each cook dinner, both watch the same movie on Netflix and text/chat about it.

Clover Strategies



for you to use!

- **Set up a daily schedule** that includes physical activities that you enjoy.
- **Start each day with activity** that’s beneficial for your body. A walk, a jog, a yoga video, practicing mindfulness, eating a complete breakfast, drinking water first thing in the morning.
- **Set an alarm to remind you to stand every hour.** Move when the alarm sounds, even if it is just walking in circles around your home. Pushups, jumping jacks, lunges, stretching, any “no-prop needed” movement techniques could really get your blood flowing.
- **Drink a glass of water** every time you get up to move.
- **Schedule actual mealtimes into your day.** Consider using the alarms on your phone, a whiteboard, bulletin board, poster, or a section in your notebook.

- **Start and end your day with a mindfulness activity** to ease your mind and calm your nerves.
- **Carve out time for yourself!** Allow time for reading, writing, drawing or painting.
- **Blog, vlog, or journal** about your experience during this time.
- **Answer daily reflection questions.** You can answer the questions you posed to youth yourself! Then, share your responses with them.
- **Reflect on your previous goals.** What goals have you met? Which ones are you still working toward? Do you have any new goals for yourself moving forward?
- **Spend quiet time outside.** If it’s an option, do some gardening or yard work and use this time to think about your reflection questions, or goals mentioned above.