

CONNECTION POINT

mind your own

MOST AGREE THAT SELF-ISOLATION CAN BE CHALLENGING:

The days can feel repetitive, and it's sometimes hard to decide how best to spend your time now your usual routine has been disrupted.



The Point wants to give you the tools to monitor your lockdown time with the **'mind your own' checklist**.



Using the chart overleaf, you can set intentions for activities you'd like to complete during self-isolation, and build good habits by keeping an eye on how you've spent your time.

Simply tick or colour in the circles next to tasks you complete.

Remember, it's not a competition! If you miss a day for an activity or didn't do as much as you wanted, it's okay. This is just about keeping track of what you're up to and setting intentions for your time. Be kind to yourself – making a plan and using the checklist is already a huge step!

Creative activities

A creative activity can mean whatever you'd like it to mean, but you might include:

writing, reading, painting, DIY tasks, gardening, cooking, home

improvements, knitting, sewing, singing, discussing movies and tv...

Why not try a mix of activities you know well, plus some that are new to you?

For more advice on wellness at this time, please visit eastleigh.gov.uk/healthandwellbeingathome



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