

Daily Self-care Questions During Times of Isolation

1. Who am I checking in on or connecting with on a daily basis?
2. What expectations of “normal” am I letting go of today?
3. How am I moving my body today?
4. How am I getting outside today?
5. How am I expressing my creativity today?
6. What type of self-care am I practicing today?
7. What am I grateful for today?

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Adapted from: Six Daily Questions to Ask Yourself in Quarantine If You're Sheltering in Place by Brooke Anderson
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