Daily Questions to Ask Yourself During COVID-19

**How can I take care of myself today?**
- Have I brushed my teeth?
- Have I taken a shower?
- Have I gotten dressed?
- Have I exercised or moved my body in a healthy way?
- Have I made myself a meal today?
- Have I gotten enough sleep?
- Have I kept to a regular schedule as best as possible?

**How can I stay socially connected today?**
- Have I communicated with friends or family in some way?
- Have I reached out to someone else to offer help or see how they are doing?

**Am I feeling sad?**
- Have I allowed myself time to grieve losses I am experiencing (however big or small)?
- Have I talked to someone else about my feelings?
- Have I done something soothing or kind for myself today?
- Have I allowed myself to notice something I am grateful for?
- Have I asked for help when I needed it?

**Am I feeling anxious?**
- Can I identify what I am most anxious about?
- Can I make an effort to focus on what I can control (e.g., my own actions) and to let go of the things that I cannot control (e.g., other people’s actions, what will happen in the future)?
- Have I done something today that is within my control?
- Have I talked to someone else about my feelings?

Go to our advising page for more mental health resources: [https://www.umass.edu/pbs/remote-advising-psychological-and-brain-sciences](https://www.umass.edu/pbs/remote-advising-psychological-and-brain-sciences)