

Daily check in

A little guide to bringing about some structure for your day should you need it - feel free to make it work for you.

■ WHAT AM I GRATEFUL FOR TODAY?

Take a minute or two to write it down, add to it over the rest of the day. Recognising the littlest things can make the biggest difference.

■ WHO AM I CHECKING IN ON, OR CONNECTING WITH, TODAY?

Text, call, video chat. Make sure you don't just talk about COVID-19. Remember that we used to talk about other things too!

■ WHAT EXPECTATIONS OF "NORMAL" AM I LETTING GO OF TODAY?

We have to do things differently now, and we've got a lot on our minds. Don't worry if you didn't do as much study as you normally do - figure out what is actually important to you in this moment and focus on that.

■ HOW AM I GETTING OUTSIDE TODAY?

Sit in the backyard or on your balcony. If you can't get outside, open a window to let some air in or bring some flowers inside.

■ HOW AM I MOVING MY BODY TODAY?

Go for a walk or a run.

Create a home gym, or do some body weight exercises.

Do some yoga: www.youtube.com/user/yogawithadriene

Have a boogie: www.skillshare.com/browse/dance

■ WHAT BEAUTY AM I CREATING, CULTIVATING, OR INVITING IN TODAY?

Meditate, create, cook, write, draw, sing, build.

Smiling Mind: www.smilingmind.com.au

Stop, Breathe, Think: www.stopbreathethink.com