**How am I doing establishing my “new normal?”**

* Have I been watching/reading only as much news as I need to be responsibly informed?
* Do I know my roles in the household right now?
* Do I need to check in with my family members/roommates about how our roles are being handled?
* Is my household keeping up with basic daily chores?
* Do I have a basic routine or schedule?

**Have I integrated my health and coping behaviors into a routine?**

* Do I have a sleep schedule?
* Do I have a meal and snack schedule?
* Am I maintaining hygiene and grooming?
* Am I keeping my living space basically clean?
* Am I engaging in enough movement or exercise?
* Have I been taking medications consistently as prescribed?
* Am I completing work or learning activities on time?
* Have I been connecting via safe means with my social support people?
* Have I been able to engage in pleasurable leisure activities?

**Am I avoiding unhelpful behaviors?**

* Am I watching news coverage that is causing me unnecessary levels of distress?
* Am I consuming too much alcohol or using substances to cope with boredom and stress?
* Have I been eating foods that make my body feel bad?
* Am I using social media in a way that causes me upset, worry, or low mood?
* Am I struggling to get enough recharging solitude?
* Have I been letting my manners or social skills decline?

**How am I taking care of mental health symptoms?**

* Have I been engaging in mindful use of coping strategies that have worked in the past?
* Am I making use of telehealth resources that can help me manage symptoms and stress?
* Have I been compliant with taking my psychoactive medications?
* Do I need to use electronic or other coping tools (apps, websites, workbooks, etc.)?

*In a mental health crisis, you can utilize the Suicide Hotline by calling 1-800-273-8255 or you can text CONNECT to 741741. If you are experiencing a life-threatening emergency, you should dial 911 immediately to receive assistance.*