

# Act Intentionally



With a clearer sense of your needs and desires, you can set intentions for yourself and take actions to start to move toward the outcomes you'd like to realize right now. Here are a couple ways to put your reflections into action!

## Set a routine, make a schedule, or abandon one!

If you find the lack of structure unsettling, think of what your ideal day would entail and create a [daily schedule](#) with that in mind. Or consider relaxing your expectations and revel in the freedom to live minute by minute.

## Interact with news sources intentionally

Be intentional about the quantity and quality of the information you take in. Hearing about the pandemic repeatedly can be upsetting. Take breaks from social media and watching, reading, or listening to news stories, and use only reputable sites to get updates and stay informed and educated: [Dartmouth COVID-19](#), [CDC](#), [WHO](#), [NIH](#), and State Departments of Health & Human Services (e.g. [New Hampshire DHHS](#)).

## Set yourself up for remote learning

While you couldn't control the circumstances that lead to this year of remote learning, there are things you intentionally do to [get the most out of it](#). Whether it's [before](#), [during](#), or after class, there are [practices](#) that may help smooth the transition and deepen the experience for you.

## Make time to unwind

Do activities that bring you joy or experiment with new ones! Knit, read for pleasure, create a photobook, learn or play an instrument, write poetry, draw or [color](#). For some people organizing a pesky closet or junk drawer, working on a mini-renovation, or pitching in on chores can relieve stress and contribute to a feeling of productivity. For others unwinding may involve contemplating literature, [poetry](#), [visual art](#), design, or performances that take you out of the present each day.

## Take care of your body

This could be a great time to implement some of those #wellnessgoals you may have for yourself: getting enough [sleep](#), eating healthy well-balanced meals, exercising regularly, reducing or cutting out substances like [alcohol](#) or [cannabis](#). You can still check in with your [Dick's House](#) Primary Care providers through their new telehealth options.