



WHAT'S GOING WELL?



This seems like an absurd question to ask right now. However, it's a meaningful one. In the midst of so much change, we are often able to gain a lot of insight that can result in long-term lifestyle improvements. Take a moment and let yourself wonder a bit. Have the changes you have had to make because of the pandemic revealed any truths about yourself or your life that may be meaningful? Grab a pen and jot down the answer or just meditate on these few questions:

1. What changes have I been forced to make during this time have actually made my life *better*?"
2. What were the things that I kept up—even in the midst of losing control over so many areas of my life—because they were the most important?"
3. In the past two weeks, what has brought me joy?
4. What is no longer happening in my life that has been surprisingly relieving?
5. What have I been able to invest in that has been meaningful?
6. What do I hope to keep after this is over?

In some ways, your life may have become more hectic than ever. You may be trying to help your kids continue to learn while maintaining your job. You may be trying to salvage your work and financial stability. You may be on the front lines of this pandemic and literally saving the world right now.

For every cloud there is a silver lining, and goodness is happening in the midst of the chaos. Here are some great examples of the goodness happening during this global pandemic:

- » Hospital ER admissions are down because they are being judicious with their medical resources and helping people engage with their primary care doctor to manage chronic conditions and other non-emergent issues.
- » There are much less carbon emissions going into the atmosphere with less car and air travel occurring.
- » Many companies have done a really good job taking very good care of their employees and there is a re-invigorated sense of care and concern for each other.
- » Families are spending more time together because extra-curricular activities have been cancelled.
- » Dogs (and cats!) everywhere are happier that their humans are home.

When we acknowledge the good, it is not an avoidance of the hard. These things coexist. The hard stuff is front and center right now, but it is important to acknowledge the good. It's acceptable to think or dream about what your new normal might look like after the threat of this pandemic is managed.