

# REFLECTIONS DURING THE TIME OF COVID-19

1. No one can do this perfectly. What are 2-3 things you can work toward improving? How are you focusing on what you *can* control & accepting the things you can't as they are?
2. No one person can meet the massive needs of this moment. What is yours to do today—no more, no less? How are you identifying your own needs & actively making sure those are met?
3. There is no “successful” way to handle this crisis. Are you feeling distress about your goals being thwarted by the outbreak? How can you focus less on earning your sense of worth through work performance, and more on how you can contribute to the common good in this moment?
4. There is an endless stream of pain and drama magnetizing your attention right now. How are you balancing deep feeling with action and gratitude? How will you make sure you don't abandon yourself in this chaotic experience?
5. No amount of news and information will ultimately protect you from this virus. How can you balance being responsibly informed and socially distant, while also actively participating in your life? How will you make sure you have a healthy outlet to process your thoughts, feelings, and anxieties?
6. You probably knew it was only a matter of time until something like this happened. How can you convert your worst case scenario plans into action for you and your people? How can you model what choosing responsible precaution over frenetic panic looks like for the rest of us?
7. Our freedom from this will come from first surrendering to the limitations. How will you use that active imagination of yours to make sure these difficult times are not devoid of joy and levity? How will you make space to sit with the full spectrum of your feelings, and what support do you need in place to do that safely?
8. No one can control this virus, and you are not invincible. What are the practical, reasonable ways you can protect yourself and your loved ones? Are you finding ways to keep your body active even if you are staying home right now?
9. It's time to find and follow your gut instincts. How are you speaking up and saying what needs to be said right now? How are you making sure that you don't numb out, while also not spiraling into cyclical, anxious thought patterns?