

Video Blog Mini
Series

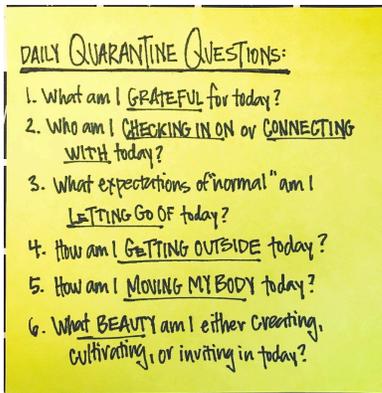
Daily Quarantine Questions:

6 Daily Questions to Ask Yourself during this Pandemic

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Based on the article by Brooke Anderson found at

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine



It goes without saying that, with the COVID-19 Pandemic, we are going through unprecedented and unusual days. Asking ourselves these *6 Quarantine Questions*, reflecting on their answers and putting them into action may help to get us through and thrive.

Question 2 – Who am I checking in on or connecting with today?

Here in Ontario, Canada we are just starting our 5th week of Social Distancing. It's been 5 weeks since many of us have hugged our best friends, shaken hands with our neighbours or gone out to a local coffee shop. In settings where we have to be closer to others, like at the grocery store, we are encouraged to stay far apart. We enter these spaces with a sense of stress and even fear and get in and out as fast as possible, with as little contact with others as possible.

This is really challenging for us. Human beings are hardwired for connection. Historically (a long time ago) we needed connection in order to survive, now we need each other for belonging, support, love and relationship. For those of us who are extroverts, that is we re-charge by being with others, being isolated is hard. For introverts, those who re-charge by being on their own, being isolated may not be as difficult, but I've even heard from some introverts who are saying that the isolation is getting to be a bit much.

We need to get intentional about Connection

During these days of social isolation it is critical that we find ways to connect with others even though we need to stay apart physically. We need to be intentional about it so that we don't slip into true isolation.

Using Technology – We are fortunate to have so many ways to connect via technology. I know that we all have our favourite places and platforms to hang out and connect virtually.

Choose to be intentional and purposeful when it comes to using technology. Send out a joke or funny meme a day to those who might need it. Set up a weekly time to chat and “have a drink” with a friend. Find ways to hold virtual birthday parties, baby showers and other celebrations.

Around the Neighbourhood – Even though we need to be physically distant that does not mean we have to be emotionally distant. When you see your neighbours take the time to chat with them from across the street, ask them how they're holding up and if they need anything. Use sidewalk chalk or posters in your windows to express encouragement to each other or to express thanks to medical staff and frontline workers. Are there ways that you and your neighbours can connect through fun like decorating your front yards, doing neighbourhood-wide scavenger hunts, or even going on car rallies. These events can be arranged through technology.

In your Own Home – I'm going to be honest here, I love my kids and partner dearly, but being around them every day, all day can be a bit much. It can be easy to become irritated, or to take them for granted. Even though many of us are around our families a lot be sure to ask them how they're doing, make space for kids to ask questions and express emotions about being isolated and take time to look your family members in the eye and connect.

As I wrote earlier, we are hard-wired for connection and connecting intentionally during this time of social distancing will ensure that we are nurturing that important part of who we are.

