

Daily Quarantine Questions:

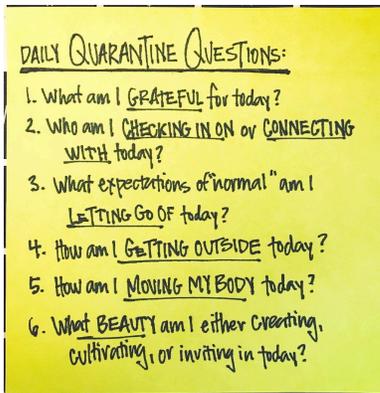
6 Daily Questions to Ask Yourself during this Pandemic

By Thomas Brown MSW RSW

Based on the article by Brooke Anderson found at

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

Video Blog Mini Series



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 4 – How am I Getting Outside Today?

With Social Distancing and Shelter-at-Home protocols in place it is really easy to sink into the couch and let the next episode or movie role. Although there are elements of this that are relaxing and feel sort of good, we also have to be a bit careful.

If we stay in and just watch T.V. or stare at our phones there is a risk that our thinking can start to get skewed to the negative, negatively impacting our emotions and then impacting our desire to do anything. This is called a vicious cycle and we have to be careful not to fall into one.

Going outside gives us some new info to think about and can remind us that life is still going on and that mother nature is still active despite the pandemic.



Getting Outside

Spring for us Canadians can be a bit tricky as there is no guarantee that we'll get nice weather. However, it's still important to get outside when we can and to take in all that being outside has to offer.

Getting outside is simple:

- Go for a walk or a bike ride
- Sit out on your front step for your morning coffee
- Open the window to let in fresh air and the sound of the birds
- Blow bubbles with the kids
- Start some yard work if that's something you like

Suggestions

1. When you're outside intentionally look and listen for sounds of spring.
2. Take a picture of the same tree or patch of garden every other day to see how it changes as spring continues to develop.
3. Take a moment to be completely quiet and still and note what your 5 senses pick up.
4. You may also want to invite the outside in by bringing in a potted plant or purchasing a bouquet of flowers.

Even on colder days remember to open the curtains and be sure to look outside to enjoy the view.