

Video Blog Mini  
Series

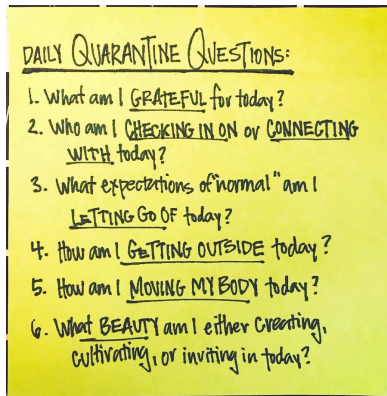
# Daily Quarantine Questions:

## 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](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 1 – What am I Grateful for today?

Although gratitude may seem like a fluffy notion there is actually a huge body of research that focuses on gratitude and the positive impacts that it can have on our psychology, emotions and lives in general. In fact, whole models of psychology and thinking, such as *Positive Psychology*, have dedicated themselves to the study of positivity (including gratitude) and how it impacts our lives.

Gratitude isn't a fluffy, trite little notion. Simply put, neurons that fire together wire together. By practicing gratitude on a regular basis, grateful, positive neurons fire and wire together creating grateful neural structures and pathways in our brains. The more we practice the more developed these pathways become and, like a well-worn path through a field, the easier they become for us to use. Gratitude changes our brain for good!

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## How do I practice Gratitude?

Let's start with the most important word here – practice. The word practice invites us to think about something that is ongoing and progressive. The word has space in it for imperfection, creativity and perseverance. We practice something in order to hone it, develop it and get better at it. All of this applies to the practice of gratitude.

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So how do we actually do this?! The main thing we need to do here is to practice paying attention to elements in our lives that we're grateful or thankful for. This can be done in moments *throughout* the day, in which we pause and think of 1 or 2 things that we're thankful for and/or this can be done at the *end* of a day where we list out 3-5 things that we're thankful for.

Some days may contain big, exciting things and, on those days, it will be easy to practice gratitude. Other days may be more mundane or run-of-the-mill and we may need to think about gratitude on a smaller scale – grateful for cuddles from the cat, a good cup of tea or a nice phone call from a friend. Some days may be downright awful and we may be grateful that we simply got to the end of the day. In any case, look for gratitude in the big and little things in life.

## Gratitude Practice Ideas



1. **Gratitude Journal** – One of the easiest and most common ways to practice gratitude is to keep a gratitude journal. At the end of a period of time (e.g. a morning, a day, a week) spend some time reflecting on and writing down 3-5 things that you are grateful for from that period of time. Read through the journal when you're feeling down or any time to remind yourself of all of the goodness in your life.
2. **Gratitude Throughout the Day** – We all have our phones with us all the time. Every time your phone makes any kind of noise, before you pick it up to check it, take a breath and think of one thing that you are grateful for, writing it down will strengthen the practice.  
An alternative could be that you set an alarm for 2 or 3 points in the day and, when it goes off, reflect on gratitude.
3. **Express Your Gratitude** – Try expressing your gratitude in thank you cards, emails, texts or phone calls. Tell the clerk at the grocery store that you are thankful that they are at work today, thank a friend for the inspiring email, thank yourself for practicing gratitude. You may be surprised at how good it feels to express your gratitude and at the positive reaction that comes back.