

Daily Quarantine Questions:

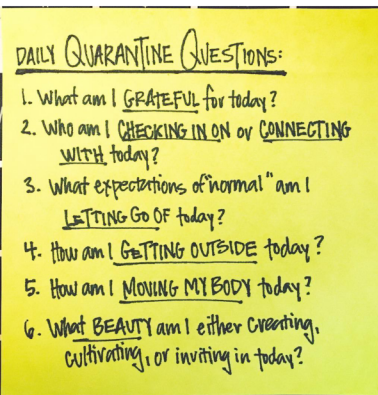
6 Daily Questions to Ask Yourself during this Pandemic

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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

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 5 – How am I Moving my Body Today?

This question is worded in a really intentional way – it doesn't ask "How am I exercising today?" "Or what workout am I doing today?" It's asking, "How am I moving my body today?"

A lot of us really don't like working out or exercising (although some of us do) but a lot of us probably have things that we like to do that also involve moving our bodies.

It's common knowledge that moving our bodies has a lot of benefits for our physical selves and emotional selves. During the Pandemic try to move your body in a way that you enjoy on a regular (daily) basis.