

Daily Quarantine Questions:

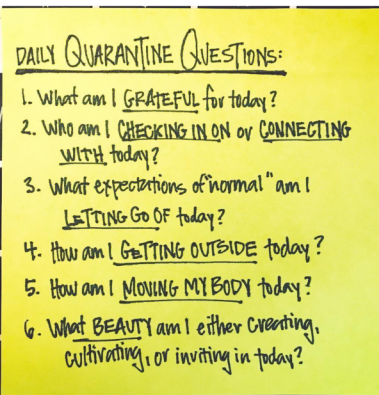
6 Daily Questions to Ask Yourself during this Pandemic

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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 6 – What beauty am I either creating, cultivating or inviting in today?

Why would it be important for us to focus on beauty? Well, there is information in our faces almost all of the time and generally the information is not all that great. How does having this negative information impact how we think and feel? It's probably pretty obvious that this will contribute to us feeling anxious, sad, unsettled and maybe even hopeless or panicky.

Intentionally focusing on beauty by thinking about it, creating it or by inviting it in helps to shift our thinking and can improve our moods and emotions. This can be a practice that we engage in on a regular basis.