

Tips to Thrive at Home in the Time of COVID-19

1. Practice more
2. Record something for someone
3. Write in a journal or write someone a letter
4. Listen to something glorious, be it music, Jim Rohn, poetry, whatever is your jam
5. Find something funny to pay attention to: animals, kids, cartoons, Carol Burnett...
6. Check on someone who may be frail: an elder, someone facing difficulty or someone living alone
7. Make something delicious – we are almost all cooking a lot more now, so make something delicious to enjoy
8. To quote Jack Black, use the “f” word, that is “FANTASTIC”! Find a way to say it when asked how you are and say it with a smile! 😊
9. Surround yourself with positive messages. Write yourself positive messages and put up images of what it is you want for your life.
10. Make the most of the moment. Whatever we have to do, do it with kindness and love, even toward yourself. Have to do dishes? We do. We don't have a dishwasher in our place yet. I can still do them cheerfully though a dishwasher is on the horizon!
11. Make a mantra, or a saying that you can repeat to yourself, which will lift you and lead you in the direction you wish to head. Mine for 2020 is “promise”. I promise to show up for my dreams and pay attention to the important things I believe in. I promise to be there for the highest order of work that I want to do in this life. What is yours?
12. Play. Go outside and soak up the sunshine on a sunny day and smell some flowers. Or play cards or a board game with someone you live with. Be playful. Be free with fun.
13. Tell someone something you love about them. Something specific will really light them up, and you'll feel amazing too. Pick up the phone, or say it from six feet away, or video-call them, just do it!
14. Be the boss of your attitude. It's normal to feel a range of emotions at the sudden change of events, needing to stay home, also dealing with illness. It's ok to feel confused, afraid, angry, alone, bad, good, healthy, sick, relief, creative...We can choose to be positive even when we have to confront the unknown and just slow down gracefully, taking things with a smile, one day at a time. Nobody has this figured out. Each of us can greet the day with an open mind and heart.

With love from Bonny at SuperStrings Studio

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