

## Potential Gifts from the Quarantine

### Environmental

- I “upcycled” or reused something I typically would have thrown away
- I set aside some things to donate rather than throw them away
- I learned to make my own household cleaning/ hygiene item that I typically buy (i.e. laundry detergent, disinfectant wipes, soap, hand sanitizer, etc...)
- I learned how to repair or embellish an item of clothing to make it “wearable”
- I went through my clothing/footwear and found items I like that I had forgotten about
- I planted a garden/a new plant
- I started (or spent more time) feeding backyard birds/animals
- I noticed/appreciated less air traffic
- I noticed/appreciated less road traffic
- I picked up litter or trash at least once outside
- I have an increase in appreciation for our natural world / getting outside in nature
- I use less paper towels now
- I use less toilet paper now
- I’ve become more conscientious of how I use products

### Self Care and Spiritual Growth

- I got outside more than usual
- I enjoyed my time outside
- I took the time to slow down and enjoy something
- I found a new way to exercise/work out
- I spent time on a hobby
- I discovered a new hobby
- I did some reading for pleasure
- I made something creative
- I learned a new joke/new prank that made me laugh
- I learned something new about myself
- I discovered a new talent of mine
- I discovered a new strength of mine
- I got a good nights sleep at least once
- I made a list of things that I’m grateful for
- I learned to appreciate something I had taken for granted
- I learned to eat more mindfully
- I discovered new music that I love
- I did something intentional to feel better about myself
- I apologized to someone
- I spoke my truth about something
- I remained sober
- I started a new self care routine
- I learned and/or used a new coping or calming strategy
- I take more deep breaths now
- I learned something new about what triggers my fear and insecurity
- I made new goals for myself (that I feel good about)
- I set a boundary with someone
- I appreciate simpler things now
- I’ve considered what I prefer/like about life in a pandemic
- I learned something new about my ancestry/genealogy
- I received and/or appreciated something kind someone did for me or said about me
- I gained a new interest in something
- I felt inspired by someone/something
- I learned or experienced something new that made me feel joy, wonder, awe, love, etc...

### **Personal and Community Relationships**

- I know how to connect with friends and loved ones better now via Facetime, Messenger, Zoom, etc...
- I sent "snail mail" to someone
- I mailed a thank you card to someone
- I attended a "birthday parade"
- I put up signs with positive messages on them (or wrote them in the driveway)
- I checked on a neighbor
- I spent more time with my pets
- I waved/said hello to a neighbor while walking in the neighborhood
- I spent more time with family
- We created a new family tradition
- My family discovered a new way to spend time together
- My family (or people I live with) learned to share household chores/responsibilities better
- I did something to boost moods/morale in my community
- I took part in a neighborhood sing along, neighborhood dance party, or similar event
- The people I live with learned a new way to create space and boundaries for each other
- I became a better listener

### **Civic**

- I donated food to a local pantry
- I donated blood/plasma
- I put up a sign to express my gratitude for essential workers
- I made a purchase from a local business/ I supported local businesses
- I made masks for others
- I helped organize something to help others during this time
- I ordered/bought stamps to help boost revenue for postal services
- I have more gratitude for essential workers/people who help us day to day with essential tasks and goods
- I learned new ways to conserve electricity, gas, or other utility

### **Life Skills**

- I learned a new cooking or baking skill
- I learned how to create a budget or a new way to budget
- I followed a budget for a full month
- I learned a new way to take care of a vehicle/bike
- I learned how to manage my time better
- I took time to learn about something new that will help me in my career
- I took time to learn something new that will help me live independently
- I planned/made a budget for a future trip for when it's safe to travel
- I stayed alive
- I asked for help/support
- I learned at least one first aid skill (i.e. proper wound care, monitoring for concussion symptoms, recognizing symptoms of illness, etc)
- I practiced driving for my drivers license test
- I know how to wash my hands more properly
- I learned how to cut, dye, or style hair
- I learned how to bathe or groom my pet (i.e. trim nails)
- I learned a new skill in doing laundry
- I learned how to "change a bed" (how to put clean sheets on the bed)
- I learned a new organization skill/strategy
- I learned a new way to use "leftover" food/meal
- I learned a new fire safety skill