

What can I do? What *CAN* I do? What can *I* do?

Limitations on social activities and recommendations to distancing from others can have the impact of narrowing our lens, drawing our focus to what we *cannot* do rather than what we *can* do. When we focus on limitations or restrictions, it places our mindset in a non-growth mode. But we can choose differently!

It is fine to acknowledge the thoughts and feelings that come with limitations and uncertainty, but realize these thoughts and feelings do not define you. Thoughts and feelings are natural, they move through you and change again. By being alert to your thoughts and feelings, you can choose whether they are helping you, if you want to co-exist with them or whether you are ready to release them.

Focus on what you **can** do right now, not only for yourself but for others. And there is plenty:

- Practicing social distancing may seem like doing “nothing” but relative to the health of yourself and others, it is an active behavior that demonstrates care for yourself and the community as a whole.
- Connect virtually with others who may be feeling lonely or forgotten.
- Consider reaching out to people younger than you and people older than you- we all have interesting and valid wisdom to share with each other. Reach out, give and receive the support that is there for us.
- Reset your health behaviors: drink plenty of water, get good rest and sleep, eat nourishing food, follow creative pursuits you can do from home, listen to music, get as close to nature as you possibly can, write in a journal (it doesn't seem possible sometimes, but the way you are experiencing this situation will fade and someday you may want to remember or tell others)

Focus on what only you **can** do, what you are good at or what will make the biggest difference right from where you are:

- What is your personal gift or talent? Can you use this time to give that gift to others in some way? There are ways you can contribute to others in a positive way. A side benefit is that helping others will break open a more growth-focused mindset within you!

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