

Good afternoon, I hope that you and your family are doing well and staying healthy.

Our circumstances and situations are viewed differently by each of us. The majority of us have heard the comparison of the glass that is half-empty or half-full. Be assured that there is no wrong way of looking at the “glass”. During the COVID-19 restrictions, I would have to agree that our “glasses” may appear half-empty at times. However, I would like to invite each of us to take a second look at the “glass”. Is it possible to view these current restrictions as an **Opportunity**?

Definitions of Opportunity (Retrieved from multiple sources):

- A set of circumstances that makes it possible to do something
- A good chance for advancement or progress (My personal favorite 😊)
- A situation or condition favorable for attainment of a goal

If we were to change our “glass” to being half-full instead of half-empty, what might that look like? May I suggest that each of us look at the current COVID-19 restrictions as having the Opportunity to:

- Find ways to improve ourselves – Be *the* best YOU, you can be!
- Cook healthy immune strengthening meals & snacks
- Eat family meals together, when previously time & schedules did not permit
- Tap into ways to be more efficient at home & work
- Plan COVID-19 Restriction Goals – Personal, Professional, Spiritual, Financial, Etc.
- Maximize teachable moments with children
- Read/study/watch inspirational and/or motivational books or pod casts
- Connect with positive people who encourage you to be *the* BEST you!
- If financially able, start an emergency savings account \$\$\$
- Organize those drawers and/or closets
- Journal and/or Color
- Be more involved in children’s school work, perhaps you previously were unable
- Rearrange a room
- Take better care of yourself (Sleep, Nutrition, Water Intake, and Movement)
- Plan post COVID-19 goals - Personal, Professional, Spiritual, Financial, Etc.
- Take an on-line class for personal and/or professional development
- Re-connect with family and friends that you’ve been missing due to the busyness of life
- Participate in crafts and/or your favorite hobbies, while social-distancing
- Make time to meditate and/or pray – train to GROUND yourself when needed
- Enjoy a movie & LAUGH 😊

Paraphrased from: *Essential Guide to Self-Care, Prevention*

Little Ways to be More Optimistic:

You don't have to spend years in therapy to become more positive. Studies have shown that these three strategies take just one week to make real improvements on our optimism:

1. Use your signature STRENGTHS in a new way – Write down your top five STRENGTHS. Use one of these STRENGTHS in a new and different way every day for one week.
2. Focus on the GOOD things – Write down three GOOD things that have happened and why/how they happened.
3. Pay a GRATITUDE visit – Write a short letter/text/email to someone who has been kind to you, maybe you've never officially thanked them or you know they could use the ENCOURAGEMENT.

Studies demonstrated that these methods made participants feel “happier”, some reported that frequent practice elevated moods for up to six-months!

Mindfulness Tip:

Paraphrased from: *101 Mindfulness Ways to Build Resilience* (Donald Altman)

Appreciate the Glass -

It has been said that the difference between being an optimist or a pessimist is if you see the glass being half-empty or half-full. Everyone has their own perspective, however, which is more accurate? Another idea is to appreciate the glass, regardless of how you view it. Optimism also increases when we can appreciate things as they are!

1. Identify the situation that you are having difficulties accepting – COVID-19 restrictions , bills, health, debt, and/or relationships
2. Use mental jujitsu to flip the situation you're despising into an appreciation – Even though it may be something small, what gratitude can you pull from this situation?
3. Accept that each of us have a different “glass” to deal with. Every situation may develop knowledge and personal growth
4. List your skills and strengths, now purposely use these to continue moving forward
5. Name one thing you can learn about yourself and/or others from seeing your “glass” in a new expansive and more appreciative way

Use your strength of appreciation if you find yourself being pessimistic about life and you begin to fall into the negativity trap. Appreciation and gratitude changes our views by letting us see things through a more optimistic and resilient lens!

May I challenge each of us to come out of the COVID-19 Crisis, better than when we went into it. Capitalize on this time to practice self-care, cultivate your gifts, enhance your strengths, and have awareness of your weaknesses. In doing so, we WILL survive this adversity and come out stronger than ever before!

Wishing you *the* best,

Respectfully,

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