

Social Distancing Checklist



image by @annecarly.mm

Social distancing is deliberately increasing the physical space between people to avoid spreading illness. However, with the uncertainty that comes with daily changes being made to the ways we need social distance, how can we invite compassion into our thoughts and the way we socially distance ourselves, without becoming isolated?

Deepok Chopra said, “You can fear uncertainty, and try to control every detail of your life; that is the path of fear and anxiety, which leads to a life of insecurity, low expectations and limited fulfillment. The other path is to embrace uncertainty as creative potential, with its ability to make life new everyday and the wisdom hidden behind seeming chaos. If you take this path, life becomes ever expanding, with greater fulfillment and security, a strong sense of self and a steady process of awakening going forward. In that light, Hope becomes very different, instead of being a form of wish fulfillment, it becomes an intention.”

The following are invitations to compassionately engage in social distancing, to allow this time of distance to be one of reconnection with yourself:

- Take an [online class](#) or [learn a new skill](#)
- Keep in touch with friends and family by electronic devices instead of in person (phone, Skype, FaceTime, Facebook messenger video option, etc.)
- Learn to cook a new recipe or try a new cuisine.
- Use food delivery services or online shopping to support your favourite local businesses

- ❑ Exercise at home (there are tons of workouts on Youtube, Facebook or Instagram)
- ❑ Get outside! Fresh air is good for you! Perhaps engage in a mindfulness walk, taking in all the sights, sounds, smells around you.
- ❑ Engage in hobbies (art, crafts, music, dance). Find what brings you joy and engage in it daily.
- ❑ Be mindful of your news and social media (Facebook, Instagram, Twitter) consumption. Take time away from both. Be intentional about the time you spend online and become aware of how you feel doing it. Develop mindfulness about your media consumption. This could mean intentionally putting your phone away for at least an hour a day, deleting apps for a few days, or shutting off notifications.
- ❑ Read the book you've been wanting to read for months! Or read a book on a topic you are really interested in. Try reading a chapter a day.
- ❑ Practice affirmations as a way to overcome fears and worries ("I am safe. I am healthy. I am so thankful for all that I have")
- ❑ Eat healthy and stay hydrated!
- ❑ Try and carve out a routine for yourself that is realistic and allows time for both pleasure and productivity.
- ❑ Practice mindfulness; deep breathing, meditation or yoga. These practices can help ground us amidst all the noise and worry.
- ❑ Notice how you talk to yourself; are you critical or judgemental of yourself? What are three nice things you can say to yourself for every critique?
- ❑ Start journaling (Writing or art journal); Prompts: Write three things you appreciate about yourself; Write out daily gratitudes; Write a love letter to yourself; Write out one thing to celebrate; Get descriptive about a goal or dream that you want for yourself; Worry dump- write out what scares you/worries you and then destroy the paper (rip it up... really, try it, it feels good)