



Week Six



PERSONAL

We are never too old to learn new things and especially about ourselves. Now might be a good time for some personal reflection on how you have coped during the last eight weeks of the lockdown period. How do you think you coped? Did you learn something about yourself that you hadn't previously noticed or knew? A suggestion is to take out a notepad and write down your personal learnings for future reference. If there are things you didn't cope with well, do you have any ideas on how to change that for any future experiences? Do you now have FOGO (Fear of Going Out)? Have you tried breathing exercises or a short meditation to calm your body when you find your anxiety rising?

FRIENDS

We are all hanging out for a coffee, brunch, lunch and face to face chat with our friends. Hopefully it won't be too long before we can resume our Branch meetings. To start with, if you are comfortable, invite a couple of friends over for a short visit. Have a small afternoon tea to catch up in person.





FAMILY

We have now been given some lockdown freedom to catch up with our families (albeit in small numbers) at our respective homes should we choose to. How good is it to see your loved ones in person? Have you reflected on what your family means to you? Maybe use the notebook from the Personal exercise to write down some notes for the future so when you are having a bad day you can look back on this experience and remind yourself of how you felt and the thoughts that went through your head. Can you now enjoy some fun family activities like a picnic in the park, a trip to the playground with younger family members? A kick of the footy in the park.

COMMUNITY/NEIGHBOURS

Our COVID-19 journey is far from over and it appears that life as we knew it won't be a reality for a very long time, if at all. So how do we move forward. Zoom meetings appear to be here for some time to come and virtual tours of our galleries and museums around the world are worth having a look at. Discover something you have never before had access to via the National Gallery of Victoria who is hosting virtual tours for those who don't wish to physically visit the gallery (<https://www.ngv.vic.gov.au/virtual-tours/>) or try Museum at Home which is a new project from Museums Victoria enabling the community to connect, explore and learn more from their favourite museums every day (<https://museums.victoria.com.au/>). Another fun thing to do is watch The State of Music (<https://www.youtube.com/watch?v=8nLAvAePhaM>) episodes on YouTube which include musicians such as James Reyne, Kate Miller-Heidke, Missy Higgins, Paul Kelly or Ella Hooper.

