



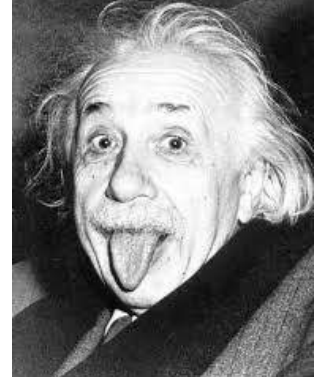
Week Nineteen



PERSONAL

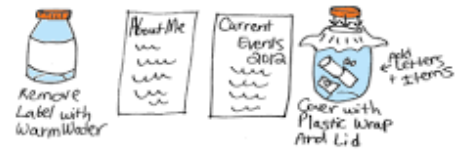
We haven't talked about gratitude in a long while. Recognising what we can be grateful for, whether by just mentally noting them or writing a journal, that you can look back on and reflect further is up to you. This practice can help you have a more positive and more abundant outlook and can contribute to improved wellbeing, being happier and being less stressed overall. Currently we can be grateful that the number of cases of Coronavirus are falling and that some normality for our lives is imminent.

Albert Einstein said that "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." What do you think?



FAMILY

Family history is a fascinating aspect of family life to explore. The past 8 months have been very different to any time in most of our living histories. We challenge you to make a book or collect your thoughts, reflections and photos of how your lives changed and how you and your family will remember living through Covid-19 Lockdown and the changes. This could even take the form of a family time capsule.



TIME CAPSULES



FRIENDS

Small opportunities have been opened up for us to meet and greet friends that we haven't seen for ages. Time to get in contact with one of those you are hanging out to see. A picnic in a park seems like a fabulous idea on one of our recent sunny days to catch up and compare notes about how you have fared over the past months, maybe reflect upon what 2020 has dished up and what you had actually expected this year to bring. Not quite what you had expected? You can start planning for 2021 maybe?





Week Nineteen



COMMUNITY/NEIGHBOURS

What activities are available to help your community, or your neighbours get back into some sort of normal living? As community activities are opened up, now is a good time to see what you can safely participate in yourself through your local Council or community group or to encourage your neighbours to come out onto the street and have a neighbourly chat together. Bring your cups of tea or coffee and a plate of afternoon tea. Of course, don't forget to be responsible and social distance from one another and wear your facemask when you aren't eating or drinking.

