



Six Daily Questions to Ask While Social Distancing*

From New York Association of Psychiatric Rehabilitation Services, Inc.

1. What am I grateful for today?

Take a few minutes every day to make a list of what you are grateful for. You could even write it down on a slip of paper and put in a “Grateful Bowl.” At the end of the day, or when you need it, pull the slips out and read them.

2. Who am I checking in on, or connecting with, today?

Take a clue from the [New York Strive for Five Campaign](#) and pick five people to check on each day. Call a relative. Facetime a friend. Check on the neighbors. Physically distant does not mean you are not social.

3. What expectations of “normal” am I letting go of today?

It’s okay if you are not running at normal speed. Nothing about our current situation is normal. Focus on what is important at this moment, take a mindful approach. We will get back to a “new normal’ when this is over, so the faster we let go of what use to be “normal,” the faster we adapt.

“The only lasting truth is Change.” – [Octavia Butler](#)

4. How am I getting outside today?

Sunshine, outdoors and nature make us feel better emotionally and physically. Wherever you are, leaving the house is helpful. Sit in the sun. Breathe the fresh air. Step outside to take a few deep breaths. If you cannot get outside, open a window, or bring some flowers in.

5. How am I moving my body today?

Movement helps to settle our body and our minds. In this time of heightened fear and anxiety, a few moments of movement can help. Exercise inside or out can ground us and make us feel better. Connect however you can with your physical body. Walk, stretch, run inside or out.

6. What beauty am I creating, cultivating, or inviting in today?

Art and beauty can be a strong antidote to despair. Looking at, listening to, or creating something can be calming and life affirming. Taking a few mindful moments in meditation can help you cultivate or invite in beauty. You can try a guided meditation such as [a daily NYAPRS 5-minute retreat](#), or from one of many other resources

“a revolution that is based on people exercising creativity in the midst of devastation is one of the great historical contributions of mankind.” – Grace Lee Boggs

* Adapted from Six Daily Questions to Ask Yourself While Social Distancing. Anderson. Mindful, April 13, 2020.
<https://www.mindful.org/six-daily-questions-to-ask-yourself-while-social-distancing>