be nice. blast

March 20th, 2020

be nice.

Daily Quarantine Questions

1. What am I **grateful** for today?
2. Who am I **checking in** on or connecting with today?
3. What expectations of **"normal"** am I **letting go** of today?
4. How can I get **outside** today?
5. What **beauty** am I either creating or inviting in today?

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https://www.benice.org

be active.

We may be confined to our homes but we don't have to feel stuck! Remember to **eat right**, **move your body**, and **exercise your mind!**

This weekend try cleaning your room!



be aware.

Not everything you hear about the coronavirus may be true. Find a source that's reliable to avoid feeling overwhelmed and worried.
Do not use social media or hearsay from friends and family for your information.
Hear a rumor? Look it up to confirm.

Reliable sources:

- www.who.int (Google "mythbusters who.int")
- www.cdc.gov/
- Major news outlets: *The New York Times*, *The Washington Post*, and *The Boston Globe's* STAT News