

# Lunch, Learn, and Connect - Pandemic as Portal

What has worked to manage change during the past year?

CREATING COMMUNITY RESILIENCE DEC 28, 2020 06:21PM

ANONYMOUS JAN 13, 2021 08:50PM

**Remembering equity lens**

ANONYMOUS JAN 13, 2021 08:50PM

**Tend to community relationships with elected officials.**

ANONYMOUS JAN 13, 2021 08:48PM

**Persistent advocacy mama milk for children.**

ANONYMOUS JAN 13, 2021 08:36PM

**Playing games online with friends**

ANONYMOUS JAN 13, 2021 08:35PM

**Finding things to make me LAUGH**

*Yes! I saw a webinar about how important humor can be in times of challenge* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:33PM

**Singing really loudly and ridiculously when I am alone in the car**

YES!!!! – ANONYMOUS

*Yes! Favorite song to belt out?* – ANONYMOUS

*Queen, ABBA's Take a Chance on Me, Demi Lovato* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:33PM

**Really appreciating all of the extra time with my daughter. Learning to say yes to extra snuggles and fun time!**

ANONYMOUS JAN 13, 2021 08:33PM

**Binge watching Netflix with my dog!**

*Does your dog have any favorites?* – ANONYMOUS

*^ this comment made me chuckle! Love it* – ANONYMOUS

*My cat and I do some binge watching as well* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:32PM

**Taking outside or animal breaks when I start to feel my anxiety rise.**

ANONYMOUS JAN 13, 2021 08:32PM

**Time with the dogs is happy time.**

ANONYMOUS JAN 13, 2021 08:32PM

**using marco polo to stay connected to friends**

? – ANONYMOUS

*MarcoPolo is an app you can put on your phone. You record short videos to people. No pressure on ongoing conversation like the phone or a zoom call* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:32PM

ANONYMOUS JAN 13, 2021 08:32PM

**Support seems distant and disconnected so anything that connects ...seeing someone face to face -**

*I hear you.* – ANONYMOUS

*of course safely with masks and distancing..but REAL human connection* – ANONYMOUS

Sometimes face to face is the only thing that makes it feel better!  
— ANONYMOUS

This is great! — ANONYMOUS

You can meet up for a hike that's safely socially distanced  
— ANONYMOUS

I am in agreement. I am an introvert, and I have been starting to struggle with lack of connection. So I have been doing more to go out and about and seeing people in person. — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:32PM

## We all need a little



ANONYMOUS JAN 13, 2021 08:32PM

## Lots of walking and jamming tunes.

Loud 80's hair bands are what I listen to — ANONYMOUS

Yes! — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:31PM

## Using sage

what a great idea! — ANONYMOUS

CLMCGEEH JAN 13, 2021 08:31PM

## Reading a good book

ANONYMOUS JAN 13, 2021 08:32PM

**Taking the time for self care and realizing it isn't selfish, but necessary in order to be the best version of myself and better capable of helping others.**

Love this! — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:31PM

## Talking with a counselor

Not much is working well these days — ANONYMOUS

How do you mean, "not much is working well these days?"  
— ANONYMOUS

Wishing you much support and care. — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:31PM

## Limit my doomscrolling

doomscrolling.. I like that term! — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:31PM

## Going for daily walks with my dog & hubbie

ANONYMOUS JAN 13, 2021 08:32PM

**Reconnecting with my yoga practice, continuing to use my gratitude journal, paying closer attention to what I drink and eat, extending grace when I feel I'm falling short (progress, not perfection)**

I've been wanting to try Yoga, on my list of things to do  
— ANONYMOUS

ANONYMOUS JAN 13, 2021 08:30PM

## checking in with neighbors

ANONYMOUS JAN 13, 2021 08:30PM

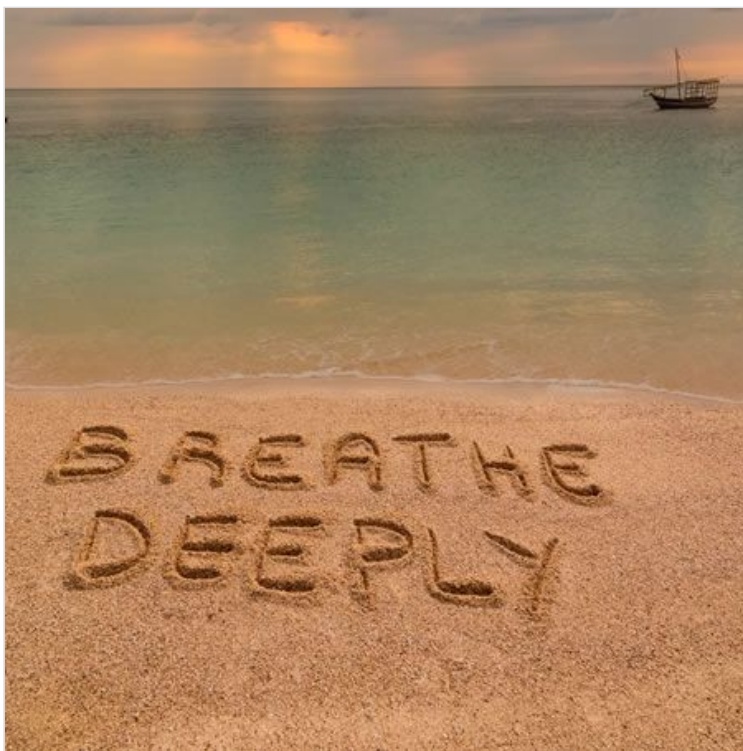
## Lots of walks

I walk around the neighborhood after dinner — ANONYMOUS

Me too! Started playing Pokemon — ANONYMOUS

ANONYMOUS JAN 13, 2021 08:30PM

**To manage change sometimes I just have to breathe deeply**



YES! – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:31PM

**Making my personal space to bring me comfort. I feel most relaxed in nature. To simulate that, I have added houseplants to my home.**

*Green makes happiness!* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:30PM

**Going into nature**

ANONYMOUS JAN 13, 2021 08:30PM

**Going for a drive in the country today to give me a change of scenery.**

*I wish Lighthouse Bakery was open!!* – ANONYMOUS

*Last I checked Lighthouse is open for takeout Thursday through Saturday* – ANONYMOUS

*Yes, I love Lighthouse! It's one of my happy places. I've been there a few times on Saturdays and though their hours are limited, they are open :)* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:30PM

**I quit using facebook, so much negative energy there**

ANONYMOUS JAN 13, 2021 08:30PM

**I have done a lot of experimental cooking and baking.**

*Yummy!* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:30PM

**Giving myself more time to get things done than I would normally need.**

*Great idea! I want to adopt this.* – ANONYMOUS

*Accept that I will not be as productive as I think I should be*  
– ANONYMOUS

*Sometimes I double or triple the amount of time I think it will take me to be realistic!!* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:29PM

**Being honest with my allies and coworkers about the stress of quarantine**

*Vulnerability is so healing!* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:29PM

**zoom meetings with friends**

ANONYMOUS JAN 13, 2021 08:29PM

Spending time with my dogs

ANONYMOUS JAN 13, 2021 08:29PM

**making sure to plan out our meals at home, happy belly has lead to overall happiness!**

*I'm trying to work on this one too* – ANONYMOUS

ANONYMOUS JAN 13, 2021 08:28PM

**I have been taking time to myself**

ANONYMOUS JAN 13, 2021 08:29PM

**going outside just to do it**

