

NAVIGATING THE MOMENT WITH STYLE: WHAT'S BEEN WORKING FOR YOU?

Chat comments from webinar participants – June 17, 2020

Connecting with family, friends, neighbors, colleagues

- Family dinners
- I make a weekly meal plan and then ask all members of the household to take a night to cook. Has helped the young adults home learn some new dishes and I don't feel like I'm doing it all myself.
- Set up a weekly Zoom call with extended family - think we will continue it probably monthly going forward. It has been such a great way to connect.
- I have no interest in family Zoom calls. One on one works better for me.
- I set up a support group Zoom call every Sunday to discuss the changing world with my college classmates across the globe, allowing everyone to have the space to share.
- Do kind acts for others in my neighborhood (drop off cards, wine, cookies on the porch for neighbors)
- I have been trying to set more goals to check in with others.

Establishing a routine (or not). Using 'found time' to get stuff done (including taking care of me).

- Each week, choosing a different room in the house to purge!
- Taking care of things I haven't been able to get to in normal life (i.e. decluttering, assessing finances)
- In true D fashion it has felt great to DO something. I have restarted my learning about wine and started to bring a long-neglected idea to life.
- Taking my dog for a walk for a quick break from the computer. Try to do this consistently at lunch time.
- Regular exercise, specific progress steps on long term projects, creativity to help release emotions and daily meditation
- Working virtually has most certainly helped structure my days as well as a daily two mile walk.
- Missing the spontaneity that I need as a style I so sometimes throwing out the routine!
- Daily I plan work, exercise, outdoor activity, and fun! One day a week I plan to do absolutely NOTHING!
- Lists are good because I can feel like I am control of what I'm doing. I can check off items and feel like I am getting stuff done, which is just about the only thing getting me through. (Classic D, I think)
- (CD) I wake up, limit my news intake, and start working my way through a daily to-do list. I just urge myself to get one thing done and if I can do that I can usually keep going on other items.
- I will stop spending so much time working. I will try to walk every day (I'm in NYC)....
- I realized (Di) that while planned time has been helpful, I need some unplanned time too. I've asked my husband (S working at home) to plan unplanned time for us at different times during each day. We review it the night before because he's a planner. :-) This is a great reminder about how my style impacts the how and why on my reactions to this.