



Hello,

COVID-19 has certainly made life difficult and I hope you are coping as best you can. The most difficult thing for me during this time is

What encourages me during this time is

Stay safe, _____

Hi,

These are difficult times that we are living through and I hope you are doing okay. What gives me hope in these days is the nature. Several things have been changed due to pandemic but one



thing is still constant, that is the beauty and positivity of nature.

Whenever I feel depressed and lonely in these hard days, I always go for walk and looks into the sky, which gives me positive vibes and hope. It seems very peaceful and beautiful. Whenever I look at the blooming flowers in different seasons, change in weather and time, I feel like everything will change like seasons. Nothing is constant, not even this hard time. So, after the hard day, in the next morning, I get up with the huge smile and begin my work with big hope and motivation.

When I am feeling low, I always try to remember to take inspiration from nature. A hard day is not persistent and the coming day would be different than the previous one just like nature, as each coming season is different from the previous one. If there is darkness, there would be a bright and hopeful sunlight. Each day looks different. Therefore, I try to remember that hard days will affect my talent and capacity to do a task.

Stay safe,

Tavneet Kaur Vig

Hi there,

Covid has definitely added stress and fear into people's daily lives but it's important to hold on to the little things that keep us going during this difficult time. Some pre-covid things I really miss are hugging my grandparents, going to concerts, eating at restaurants and going dancing with my friends. I think we are fortunate to have the technology we have today, I have been using Zoom and FaceTime lots to keep in touch with my loved ones. Two really great things that have happened over this year is the birth of my baby cousin and my family adopted two rabbits!

I can only imagine how difficult it has been for you in these times of isolation and distance. I hope you have been able to stay in touch with friends and family as much as possible and that you hold your favourite pre-covid memories close at heart. Continue to stay safe and just know one day soon you will be able to hug and kiss your loved ones.

Sending positive thoughts,

Amaya

P.S. Here are some cute pictures of my bunnies. Hopefully they make you smile, they sure crack me up all the time.

This is Peaches!



And this is our baby bun, Kiwi!





Hi there,

I am sending you something to brighten your day.

Stay safe,

Martin B.



Hi,

These are difficult times that we are living through and I hope you are doing okay. What gives me hope during this time is that this time will pass. Also, many of the time tested dictum says hard times always make us better personalities. I feel that this period of pandemic has taught me how being kind can change the lives of people. I think after the period of pandemic we all will be so blessed with the new beginnings with people having more patience.

When I am feeling low, I always try to remember that I should be grateful for whatever I have. Whenever in the morning I wake up I always feel blessed for whatever I have and I always thank God for whatever he has gifted me with. I used to do meditation when I feel low because it gives me the peace of mind. I used to call my mother during that time and she always encourages me to stay positive and take care of my health. Nature always gives us the direction, so I spend some time in nature which relieves my pain and I feel blessed with more energy.

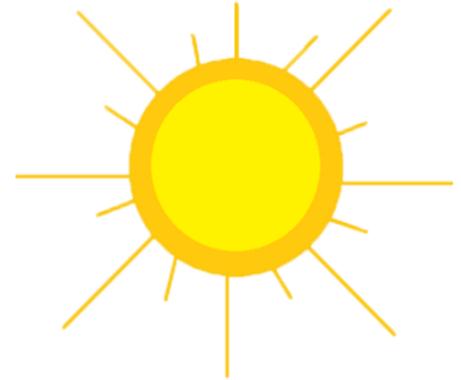
Hi,

These are difficult times that we are living through and I hope you are doing okay. What gives me hope these days is knowing that we are past the point of the pandemic where everything is unknown, which was a chaotic and tenuous time. Now that the vaccine is out and will be readily accessible to the public, we will be able to visit with loved ones and return to the group activities that nourish us. Perhaps even travel (even domestic) is on the horizon! There is much to look forward to and enjoy planning.

When I am feeling low, I always try to remember the impermanent nature of any trying circumstance. Everything will change. This is incredibly empowering! If you're able to hold the perspective of hard times as moments of potential of learning and growth, it will infuse your life with a sense of resiliency.

Stay safe, Ali L.





Hello,

Covid – 19 has certainly made life difficult and I hope you are coping as best you can. Here are some tips how to stay healthy during this time.

- ✓ Enjoy staying outside on sunny days at least 15 minutes
- ✓ Walk and exercise daily
- ✓ Drink water 5x a day
- ✓ Eat 1 fruit and 1 vegetable every day
- ✓ Take 400 IU of vitamine D daily
- ✓ Talk to a friend, laugh and be happy

Stay safe,

Martin