

### Step one: Meditate

- If you have experience with meditation, go through your preferred process to enter a relaxed mindful state.
- If you don't have experience with meditation, do 10 to 30 jumping jacks and 5 to 25 push-ups or choose another intensive exercise to raise your heart rate. Then sit down, imagine your thoughts floating away like wind. Stay present with the song that's playing, or your breath or the stillness of the moment.
- Hackers you're not alone; Glass of wine, take a puff— what we are going for here is content and calm but not too sleepy.

### Step Two: Write

- What has happened in the last few weeks?
- If you are inclined, start with a timeline of covid-19 related events. Identify how you felt at or around each notable event. For example:
  - 3/20—Started working from Home—Relieved, Anxious
  - 3/22—There was a line around the block at Whole Foods—scared, panicked.
  - 3/22—Fought with Jane because he refuses to work from home—alone, unimportant
  - 3/23—finished work early, had no idea what to do—bored, anxious