

Emails for Week of March 30th

Monday March 30th: Get Creative! How are you spending your days? Have you ever heard the proverb “Necessity is the mother of invention”? Now that the country is in a moment of pause, this is when many are finding unique and creative ways to spend their time and connect with others. We keep hearing stories of families who have created [car parades](#) to drive by loved ones homes to celebrate their birthday, or musicians who are hosting [virtual concerts](#) on YouTube in the comfort of their own home. A group of [Berkeley students](#) recorded a concert together. How will you spend the next few weeks? What will you Skyhawks do? Be creative. Be safe. Have fun! Share your creative ideas with us at wellness@stonehill.edu.

Wednesday April 1st: Working Through Disappointment. Things do not always go as planned. In these times of uncertainty many important events and plans have been cancelled, weddings, special occasions, trips and travel. This can cause feelings of sadness, anger or resentment. How are people coping with disappointment during these difficult times. Nicolle Hill from Active Minds states that what helped her when her wedding was cancelled due to COVID-19 was to 1) reach out to loved ones; 2) celebrate the small things; 3) practice gratitude; 4) be creative with your circumstances. To learn more visit: <https://www.activeminds.org/blog/working-through-great-disappointment/>

Friday April 3rd: Good News Friday! Each Friday we will highlight a story and share a message of good news. There is enough to worry about in the news, media and the world, so we wanted to focus on the positive, the good things happening in the world. Today’s good news story comes from Attleboro MA. Easter this year will take place during the social distancing guidelines, which means tradition egg hunts for children have been cancelled. One local town has come together to spread kindness through a community wide [“Easter Egg Hunt”](#). People in the community are invited to decorate and post an egg picture on their mailbox, window, yard, then add their street name to a list on facebook. Then anyone in the community can drive around or walk to try and “find” the Easter eggs. Some parents on the facebook page have reported that their children had so much fun looking for the eggs. Some even created egg tally sheets to see which sibling could find the most eggs. People in the community who don’t have children or whose kids are grown up have also reported enjoying finding the eggs and how much happiness it has brought to them. Residents from the [Elizabeth House nursing home](#) in Benfleet, Essex sang “Que Sera Sera” to their family members who watched from the window and on social media.

How will you spread happiness today? To share a good news story please email wellness@stonehill.edu.