

## ***Process the Pandemic: Between the World & Us***

*A few notes from Zoë:*

- Thank you for taking the time to process and integrate your experience.
- These questions reflect my own values, curiosities, and biases, so please answer what feels helpful to you and leave the rest.
- Please make a note of questions that you would like to circle back to to answer at another time or do a deeper dive into.
- You will have ongoing access to this document, so honor your own pace, rest or skip when you want, and take what you need from this experience.
- The time suggestions will result in about 2.5 hours of reflection if you choose to set a timer and follow them.
- As you answer these questions, please be radically honest and compassionate to yourself.

**Intro 5 min.**

### **Warm-Up**

- 1). What has been your go-to 20-second hand-washing song?
- 2). Did you stockpile beans and dry goods? If so, have you used them all up?

### **30-Second Round**

- 3). What were the first few face masks you owned?
- 4). What was your favorite food trend? Have you kept it up?
- 5). What was your least favorite food trend or biggest cooking disaster?
- 6). What were your favorite comfort shows or movies? Did you get into any reality shows?
- 7). How did you feel about/ how did you respond to the first lockdown?
- 8). At the start of the first lockdown, what were your worst fears?
- 9). Did those fears come to pass?
- 10). When in public spaces, how did you feel around other people?
- 11). How would you like to feel around other people in public?

### **1-Minute Round**

- 12). What did you learn about your partner(s)/ roommate(s)/ social pod/ animal companion(s)?

- 13). What did you learn about your family?
- 14). What did you learn about household labor?
- 15). What did you learn about (your) work?
- 16). What did you learn about your relationship to technology and its role in your life?
- 17). What did you learn about your body and health?
- 18). What were your go-to self-soothing strategies?
- 19). When you called on these self-soothing strategies, how did you want to feel?
- 20). What was the belief behind this desire?
- 21). Is this belief true? Does it serve you to keep relying on this self-soothing strategy?
- 22). What activities caused you the most stress?
- 23). What activities gave you the most pleasure?
- 24). What foods made you feel the best?
- 25). What foods made you feel the worst?

26). What type of exercise, movement, or physical practice did you enjoy the most?

27). What type of exercise, movement, or physical practice did you enjoy the least?

28). What did you learn about your relationship to your home or the environment in which you spent the majority of your time?

29). What did you learn about your self-care practices?

30). What are the self-care rituals you would like to keep or add?

### **3-Minute Break**

#### **1-Minute Round (cont.)**

31). Is there a habit that you picked up during this time that you would like to put back down?

32). What do you feel you did too much of?

33). What do you feel you did too little of?

34). Did you find a new or favorite hobby? If so, would you like to continue that hobby?

35). Is there something you'd like to spend more time doing?

- 36). Is there something you'd like to spend less time doing?
- 37). What's something you thought you'd do more of, but didn't?
- 38). Would you like to prioritize that activity now?
- 39). What activities or practices supported you the most?
- 40). What did you learn about your social life and yourself as a social being?
- 41). Who have you kept in touch with most? Who would you like to be in touch with more?
- 42). What did you learn about your relationship to Spirit/ your spiritual self/ yourself as a spiritual being?

## **2-Minute Round**

- 43). What did you learn about being a parent or a caregiver?
- 44). When were you most frightened?
- 45). When were you most delighted?
- 46). What did you learn about money? About your relationship to money? What role did it play in your life?

47). What did you learn about the economy?

48). What did you learn about capitalism? What role did it play in your life?

49). Did you rely heavily on Amazon? If so, how do you feel about that?

### **5-Minute Break**

### **2-Minute Round (cont.)**

50). What did you learn about inequality? What role did it play in your life this year?

51). What did you learn about racism? What role did it play in your life this year?

52). What did you learn about white supremacy? What role did it play in your life this year?

53). What did you learn about your privilege?

54). What did you learn about your disadvantages?

55). What did you learn about the other -isms (i.e., sexism, ageism, ableism, colorism, classism, sizeism, etc.)? How did you experience them or relate to them this year?

56). For whom did you feel or gain the most empathy? What actions might you take to support them?

57). What actions are you willing to take to offer your support?

58). What was your civic engagement like? How did you participate? Would you like to have participated differently?

59). What did you learn about democracy? About government? What roles did they play in your life this year?

60). Did you participate in any protests or strikes? Why or why not?

61). What did you observe about society/ the country you live in?

62). What changes would you like to see occur?

63). What did you learn about the environment or the natural world?

64). What changes would you like to see occur?

65). What are you willing to do to support these changes in society and the environment?

66). What did you notice about the social, political, and economic systems that shape our society/ country/ world? Examples of systems: education, healthcare, voting/ the Electoral College, infrastructure, social safety nets, criminal justice/ public safety, capitalism, civil services, resource management, etc.

67). What did you learn about your values? Your values could relate to the details of daily life or larger themes. Another way to frame this question is: what do you value?

### **1-Minute Round**

68). What was most challenging for you *about* this time or *during* this time?

69). What was easiest for you *about* this time or *during* this time?

70). What changed the most for you during this time?

71). What did you lose?

72). What did you gain?

73). In what ways did you surprise yourself?

### **30-Second Round**

74). In what ways did you adapt well?



75). In what ways did you struggle to adapt?

76). What did you learn about travel and your relationship to travel?

77). What do you miss the most about pre-pandemic life?

78). What is something you used to do pre-Covid-19 that you now realize you might not want to keep doing?

79). What was your proudest moment?

80). What brought you the most joy?

81). What was your favorite thing about this past year?

82). What are you most looking forward to on the other side of the Covid-19 pandemic?

83). What are you most anxious about?

84). What can you do to support yourself in navigating this anxiety?

85). What is an interesting or illuminating bit of information that you learned during this time that you'd like to share with others?

*What I, Zoë, would like to share is that the spread of zoonotic*

*viruses such as COVID-19 is often the result of humans building into ecosystems they shouldn't be in.*

86). What would you say to your pre-pandemic self?

87). What would you say to yourself amidst the pandemic?

88). What do you want to say to your future self?

89). What would you like to say **about** 2020 and the Covid-19 pandemic?

90). What would you like to say **to** 2020 and the Covid-19 pandemic?

91). What was your go-to item of clothing? What would you like to say to this item?

### **Cool-down**

92). What are you grateful for?

93). What do you need now?

### **BONUS ROUND SPRINT**

94). Moving forward, what are your desires for yourself?  
-For your family?

- For your relationships?
- For your community?
- For society?
- For humanity?
- For the environment?
- For the world?

95). Favorite thing you did?

- Watched?
- Ate?
- Read?
- Bought?
- Learned?

**Well done!! Take a breath, drink some water, do your touchdown dance, and rest well!**