

NENJU NEWS SPECIAL EDITION—COVID 19 No. 1

Jodo Shinshu Buddhist Temples of Canada

March, 2020

We are in a strange and frightening new world. Every day, nearly every hour, brings more news of deaths and illness, lockdowns, and quarantines. Borders are closed. Governments tell citizens to “come home”. Businesses are closed, grocery stores are empty of both shoppers and supplies. Several provincial governments have declared Public Health Emergencies, mandating the closure of schools and many public places, including churches, in an attempt to slow the spread of the coronavirus/COVID 19.

This has a very serious impact on our Sanghas and our Temples. Because of the infectious nature of the coronavirus and the dangers of public gatherings, the JSBTC Board and the Boards of the Canadian temples have all made difficult decisions about closing temples, cancelling services and special events, including Hanamatsuri services across Canada. But the community of our Temples is more important now as people, especially the elderly, are being told to stay home and “self-isolate”. Now, more than ever, we need to hear the Dharma, to share with others, to have the comfort that being in the Sangha provides.



While the online nature of social media and our lives today means that we are subjected to bad news 24/7, it also means that we can be a virtual sangha. We prefer to be physically together at the temple and that is most comforting, but it's not the only way for us to “meet” and share. Already temple boards are meeting electronically—by conference call, Skype, Messenger. The JSBTC AGM will still be held—electronically. And our ministers are exploring ways to share the Dharma through the temples' Facebook pages and websites.

With this special edition of the Nenju News, the JSBTC Board is providing you with dharma messages from our ministers and relevant information, including links to the Canadian temples and to US and Hawaii temples that have dharma messages and articles and videos.

We also want to hear from you. Tell us what your Temple is doing. How are you supporting the homebound elderly or ill? Have you set up a “chat” room or group to give members a place to talk? Do you have questions or need technical help? Do you have good news stories to share? Is there something that you would like to see in the next edition?

EMAIL US AT jsbtcnewsletter@gmail.com

COVID-19 and TWO “I”s

In this time of uncertainty with the COVID-19 virus, I hope this message finds everyone healthy, both physically and mentally. As every hour passes, things are changing in quite drastic ways. The coronavirus is rapidly affecting our lives one way or another.

This certainly reminds us of two fundamental Buddhist teachings that, first, all things are **I**mpermanent. We did not expect the virus to trigger a world pandemic when we first heard of it. Now many people have rushed to shop and stock up and to stay home. Most of the city's facilities are shut down, and schools are closed indefinitely. Our ordinary life has changed significantly.

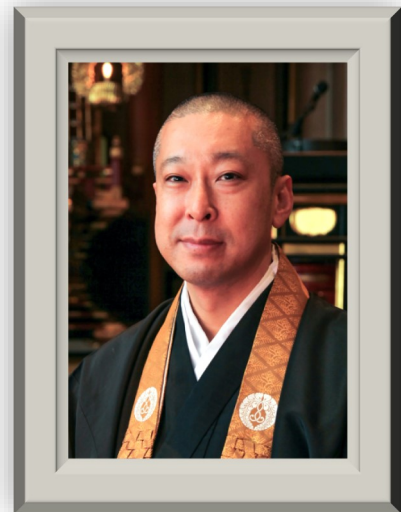
Second, all things are **I**nterconnected. When the virus was starting to spread, it reached many countries within a short period. This demonstrated how closely interconnected we are in this world.

Our temples are now closed and all services and activities are suspended until further notice. Please consult your resident minister and the board if you have any concerns.

Please take good care of yourselves.

In gassho,
Tatsuya Aoki

Bishop, Jodo Shinshu Buddhist Temples of Canada



RELIGIOUS SERVICES

At this difficult time there will inevitably be family religious services to be considered, namely funerals, makuragyo (pillow) services, cremation services, and memorial services.

We believe that the Canadian kyodan owes it to our ministers, our sanghas, and society as a whole to be proactive in protecting our ministers and our members during the pandemic. What we do now will determine how our society will look in three months.

Therefore, effective immediately, the Office of the Bishop, the Ministerial Association and the JSBTC Board join in recommending temples postpone or handle virtually the following until further notice:

- Funeral services
- Memorial Services
- Makuragyo (pillowside services)
- Urn Inurnment Services
- Cremation Services
- Weddings

Please remember that it is not safe for a minister to go to a hospital, hospice, or seniors' facility. These facilities are already limiting visitors to one designated family member or prohibiting visitors altogether.

The wellbeing of our ministers, and by extension, their families and their sanghas and our whole society, is paramount. Let us all work together to ensure that we are all kept safe and well.

Living in Precarious Times

Dear Dharma Friends,

As I write this article, I am aware that life as we know it has been greatly affected by the COVID-19 pandemic that is gripping the world over. I hope you are all managing under the circumstances. The coronavirus outbreak has hit particularly close to me as one of the individuals who passed away on the Princess Diamond Cruise Ship was in fact a very dear and dedicated member of our temple. Words fail to express the sense of loss we are all feeling here, and many of us are still trying to wrap our heads around the severity of this pandemic.

How the world has changed since January when our member and his wife set off to Japan for a cruise in Asia. I remember him sheepishly laughing as he said they will have to miss some of our temple activities and me, in return, telling him to go and enjoy the trip and that we'll be waiting for them to come back. None of us could have foreseen what would occur during this short two-month period.

The coronavirus pandemic is the greatest threat to humanity in our modern era. It is affecting every part of the world and has not spared anyone in its path. As the pandemic rages on, we can see cracks developing in our society as people panic with the uncertainty of the foreseeable future. The other day I happened to be at our local drugstore when a supply of toilet paper came in. People were grabbing it like it was the end of the world. A man with a young family was arguing with the store clerk about how many packages the family could buy. The clerk was telling them that it was one package per family. The man argued that it was one package per person and since they had 5 people (counting their 3 children) they should be able to buy 5 packages. In the end they ended up with 2 packages, and I thought to myself, 'what a sad plight we are in that people are now squabbling over toilet paper.' Later, I was pondering the incident, and realized it was brought about through fear of the uncertainty of our times.

As I mentioned earlier, the Coronavirus outbreak is the greatest threat to humankind in our modern era; however, over the course of humanity, there have been many great disasters and pandemics. In fact, it was the suffering of humanity which propelled Siddhartha Gautama to leave his royal status in search of Enlightenment. It was 2,500 years ago that the young Prince Siddhartha attained enlightenment under the Bodhi tree and became known as Sakyamuni Buddha. Through his teachings of the Buddha Dharma, he provided the path to liberate ourselves from the sufferings of human existence.

I would like to examine the fundamental teaching of the Four Noble Truths of the Dharma and see how it can be applied to help us cope with our present situation with this coronavirus pandemic.

One of the first teachings that Sakyamuni Buddha shared with his disciples was the Four Noble Truths. Many of you have heard of this on numerous occasions in Dharma School or perhaps during the Sunday services. The Four Noble truths are:

The Truth of Suffering – In life there will always be some suffering.

The Truth of Causation of Suffering – What is the cause for this suffering?

The Truth of Cessation of Suffering – The Enlightenment that the Buddha awakened to is the state beyond our suffering.

The Truth of the Path to the Cessation of Suffering – How do we get to the state beyond our suffering.

Let us take a look at each of the Truths as it may relate to our present Pandemic.

1. The Truth of Suffering – The Buddha started his teachings by stating that there is suffering associated with life. He classified birth, sickness, old age and death as the four great sufferings. It is obvious that the suffering caused by the coronavirus falls under the category of sickness, but it also touches on the category of old age as the most severe reactions are with our elderly, and of course, it also touches on the suffering of death as we see a great number of deaths worldwide.

Until a couple of months ago, many of us led a life of false security, not realizing the truth of the fragility of our existence. A few years ago, you may have heard about a virus which was decimating the population of bumble bees in the world. How many of us thought at the time that it could happen to the human population? I know I never did. We are quickly realizing that we are no different from any other species of animals and are just as susceptible to the laws of nature.

What is important in the First Noble Truth is acknowledging the reality that suffering exists in our lives. This acknowledgement is fundamental as a catalyst for change. Without it, we continue living blindly without giving thought to truly important issues such as our own existence.

2. The Truth of Causation of Suffering – The Second Noble Truth is to examine the cause of suffering. A doctor recommends getting tests done when there are symptoms of the coronavirus. Just so, the Buddha said that when we acknowledge suffering as being a part of our existence, then we need to examine its cause in order to deal with it. Through his practice and meditation, the Buddha realized our suffering is based fundamentally upon our ignorance and the greed that is associated with it.

Going back to the incident at the drugstore, the reaction of the father was spawned from the fear of uncertainty of the future and at the same time the desire to provide for his family. Fear of the unknown is actually a very basic reaction that is common in all animals and scientists would call this the “fight or flight” reaction. When we are confronted with uncertainty, we naturally try to sustain our existence which may include the impulse to hoard more than we actually need. Whether we succumb to those base instincts or not is dependent on wisdom which we receive through the Dharma.

3. The Truth of Cessation of Suffering – The Third of the Four Noble Truth is the Cessation of Suffering. The Buddha stated that following the Eightfold Path leads us beyond our suffering and we reach a state of peace known as Nirvana. In other words, external forces can create a situation in which we are put in a state of dis-ease, but how we cope with that situation affects how much we suffer from it. There is an adage that states, “Pain is unavoidable, suffering is optional”. Through the path of the Buddha Dharma, we are able to control our impulses to react with the “fight or flight” instinct and to face head-on the challenges in life.
4. The Truth of the Path to Cessation of Suffering – The last of the Four Noble Truths is known as the Eightfold Path. It gives us a way of coping with our suffering: in this case how to cope with the coronavirus pandemic.

Right View – According to the Buddha, it is important to see things as they truly are. In the case of the coronavirus, the virus itself is neither good nor bad: it is what it is. It does not have a will of its own, and conversely it does not discriminate who it infects. It is highly contagious and all of us are at risk. What can we do to mitigate the situation? The best solution would be to have a vaccine to fight off the virus, but we know that won’t come for while. The next best way to deal with it is through keeping our physical distance from one another to hinder the of the virus.

Right Thought – understanding that I am vulnerable to having thoughts of fear of the uncertain future, I will try to think of the interdependence of all beings and think of doing actions that benefit others.

Right Speech – Speech is an expression of our thoughts. If we are thinking of others, our speech will follow suit. We have heard repeatedly over the news of people expressing their gratitude to our frontline health workers as well as those who keep our grocery stores stocked during these challenging times. Be kind to one another and express your thoughts of compassion in words.

Right Conduct – Just as speech is an expression of our thoughts, so our conduct also reflects our thoughts. If our government is telling us to self-isolate not just for our own sake, but for all those around us, then the right conduct would be to stay at home at this time. Also, while keeping social distancing protocols in mind, help those around you who are most vulnerable. Your actions matter.

Right Livelihood – Right livelihood is an interesting topic to examine. It states that one should try to earn a living that avoids causing suffering for others. Under normal circumstances, there are many jobs that would fit under this category, but in the present situation even an occupation as simple as a barber may transmit the virus from person to person and therefore is considered unacceptable at this time.

Right Effort – Am I making the effort to make a difference in not only my life, but those around me as well? At a time of global crisis, everyone’s effort is necessary.

Right Mindfulness – I will try to be mindful of others. Realizing my interconnectedness with all beings, I will not buy more groceries than is needed. I will also be mindful of the personal space that we need to keep our distance from others.

Right Meditation – I will take time daily to reflect on what others have done for me and what I have done for others in helping us cope with the coronavirus pandemic.

These are just some suggestions on how the Eightfold Path could be viewed in relation to the coronavirus pandemic. The Buddha Dharma provides a very concrete path for us to follow that will allow us to cope with this most uncertain of times.

In the sutras it states that the light of the Dharma outshines both the sun and the moon. This is because the light from the sun and the moon are only physical light, whereas the light of the Buddha is the light of Great Wisdom which enlightens us from within. With regards to the coronavirus pandemic, we may not be able to change the conditions in a physical sense, but we can change our outlook and our understanding so that we can deal with it with less fear and suffering from that fear.

As we experience together this unpredictable time we are in, above all, please show compassion for one another as fellow human beings.

In Gassho,
Grant Ikuta, minister
Steveston Buddhist Temple



ECONOMIC ISSUES

In addition to concerns about the psychological impact of the coronavirus on everyone, we are also worried about the economic impact. With services and special events cancelled, the Temples are losing their revenue from donations and fund raising; if Temples have renters, the leases are temporarily in abeyance. As well, the volatility of the stock markets is creating considerable uncertainty and affecting investments such as those held by the JSBTC. However, expenses are still being incurred: the ministers must be paid, utilities covered, insurance premiums paid. As with all small businesses across Canada, we look to reduce the expenses as much as possible, while the income is so severely affected, but please, if you can, remember that your Temple needs your donations to be able to open the doors when the pandemic is over.

LINKS FOR DHARMA MESSAGES AND SERVICES

The following links are for those Canadian Temples that have websites and Facebook pages; not all the Temples have separate ones. You do NOT need to have a Facebook account to access Facebook pages—just click on the link to open the Facebook page.

Vancouver: Website: <http://vancouverbuddhisttemple.com>
Facebook: <https://www.facebook.com/vancouver.buddhisttemple?fref=ts>

Steveston: Website: <http://steveston-temple.ca/>
Facebook: <https://www.facebook.com/Steveston-Buddhist-Temple-136413149761882/>

Kelowna: Website: <http://www.kelownabuddhisttemple.org> (contains audio files of Rev. Miyakawa chanting)

Calgary: Website: <http://calgary-buddhist.ab.ca>
Facebook: <https://www.facebook.com/groups/105796429455370/>

Buddhist Temple of Southern Alberta: Website: <http://www.thebtsa.com>
Facebook: <https://www.facebook.com/BuddhistTempleOfSouthernAlberta>

Manitoba: Website: <http://www.manitobabuddhistchurch.org>
Facebook: <https://www.facebook.com/manitobabuddhisttemple/>

Toronto: Website: <http://tbc.on.ca>
Facebook: <https://www.facebook.com/groups/torontobuddhisttemple>

Hamilton: Website: <https://hamiltonbuddhisttemple.wordpress.com>

Keep checking these websites and pages. Several Canadian Temples are working on live-streaming dharma messages and chanting on Facebook pages. Some of the ministers may be recording short dharma talks and chanting on videos to be loaded onto websites. We will update this information as it becomes available.

Let us go to the Buddha-Dharma for guidance to keep a balanced perspective. Do not let ignorance and fear overwhelm us and at the same time let us be very mindful of the interconnected and interrelatedness of all matters.

*Bishop Eric Matsumoto
Hawaii Hongwanji*

Buddhist Temples of America: <https://www.buddhistchurchesofamerica.org>

In addition to having links to US Temples, the BCA also has a list and links to recorded dharma talks and services:

<https://www.buddhistchurchesofamerica.org/live-streaming-andrecorded-temple-services/>

[Berkeley Buddhist Temple](#)

[Ekoji Buddhist Temple](#)

[Fresno Buddhist Temple \(Twitter\)](#)

[Midwest Buddhist Temple](#)

[Monterey Peninsula Buddhist Temple](#)

[Mountain View Buddhist Temple](#)

[New York Buddhist Church \(YouTube Channel\)](#)

[Oakland Buddhist Temple \(YouTube Channel\)](#)

[Orange County Buddhist Church \(Online School: Everyday Buddhist\)](#)

[Orange County Buddhist Church \(Homepage\)](#)

[Orange County Buddhist Church \(YouTube Channel\)](#)

[Orange County Buddhist Church \(Podcast\)](#)

[Oregon Buddhist Temple \(YouTube Channel\)](#)

[Buddhist Church of Sacramento \(YouTube Channel\)](#)

[Salt Lake Buddhist Temple \(Facebook page\)](#)

[Buddhist Temple of San Diego \(YouTube Channel\)](#)

[Buddhist Church of San Francisco \(YouTube Channel\)](#)

[San Jose Betsuin Buddhist Church \(YouTube Channel\)](#)

[San Mateo Buddhist Temple](#)

[Seattle Betsuin Buddhist Temple \(YouTube Channel\)](#)

[Tri-State/Denver Buddhist Temple](#)

[Vista Buddhist Temple](#)

[Watsonville](#)

Hawaii Hongwanji: <https://hongwanjihawaii.com>

The Hawaii temples have recorded dharma talks, and a number of temples are live-streaming and videotaping services. Check individual temple websites for detailed information, e.g., <http://punahongwanji.org/2020/03/virtual-sunday-service-march-22-2020/>

From Hawaii Hongwanji website: Bishop Matsumoto will be the guest speaker at Hawaii Betsuin's online-only Spring Higan Service beginning at 10 a.m. on Sunday, March 22, 2020. Livestreaming will be via the HHMH YouTube channel and the video will remain available to watch later. The direct link to the video is <https://www.youtube.com/watch?v=AXQV2RPcNQ8> and you can also find play it right from [our news item about the service](#).

OTHER RESOURCES:

Tricycle Review: <https://tricycle.org>

<https://tricycle.org/trikedaily/coronavirus-dharma-talks/?fbclid=IwAR1Mg7ZyDDIbCchSluI8mKf0zLul3LtAcK6yD-HS9FtCQzzuAblw4sD4g>

Remember: many temples have websites, Facebook pages and Instagram accounts—check them out!



New York Buddhist Church

Tuesday at 4:12 PM · 🌐

(3/17/20)

A Message from Reverend Earl Ikeda

While the coronavirus outbreak gives great cause for concern, it also provides us the opportunity to wake up to the reality that we are not alone. Everyone is in the same situation. It is bringing out the good in us, and it's also bringing out the not so good. Negativity thrives on chaos, confusion and stress, and it's important to find ways to turn that negativity around into a more positive condition.

How can we do that? I believe wisdom is the answer. In Japanese Buddhism, the word is chi-e, taken from Chinese characters, adopted from Sanskrit, both representing wisdom. One is externally learned (acquired knowledge), and the other is internally realized (inherent wisdom that turns into compassion). We all have the seeds deep within us to awaken to this truth.

Medical professionals and public officials are doing their very best to bring knowledge about how to protect and control the unknown, and we should earnestly follow their guidelines and instructions. We need to seriously consider what they say, internalize it, and practice it for the sake of everyone. By genuinely doing so, this practice turns into the virtues of compassion that will be shared with everyone.

When we do things out of ignorance negativity prevails, but when we do things out of wisdom/compassion, negativity cannot persist. By putting our personal ego aside and through deep listening, we can hear what we need to hear, and we can do what we need to do.

In these troubling times we will all need to make difficult decisions that will have an impact. Wisdom is the answer for making those decisions thoughtfully and responsibly and in such a way that the outcome will be positive, reinforcing the true reality that we all need each other, and we all need to support each other, especially now.

Namo Amida Butsu

OPINION | COVID-19: Doing too much, calmly together

This column is an opinion from Dr. Judi L. Malone, the CEO of the Psychologists' Association of Alberta.

I am a "hugger." Physical contact, including handshakes and hugs, are a big part of my social connectedness at home, with family and friends — and in the workplace.

It's cultural, but also community-building. And, I like it. But these are difficult times right now! As a society our most diligent response includes social distancing. Tough stuff for those of us who are particularly social.

As a person with an autoimmune disorder (treated with immunosuppressants), I've always practiced good personal hygiene and balanced fears with facts in relation to illness prevention.

Now, I'm turning to my profession and the science of psychology to bolster my reaction to a situation that has particular risk for those of us in high-risk health categories — and for everyone else by default (straining health-care capacity puts us all at risk).

When people feel overwhelmed, responses can range from panic to apathy. Best practices can seem extreme. None of us wants to overreact (or at least have the out-of-control feeling that comes with that response), but who might we harm if we aren't doing enough? And, how do we manage the anxiety that comes with the stress of the unknown?

I've been particularly proud to be a Canadian of late. Although our risk remains low, we've been taking considerable measures to flatten the curve of COVID-19 transmission. I've become fond of saying, "let's do too much — calmly, together, as a society." After all, we really are all in this together.

Pandemics challenge the way many of us will cope. Strong emotions become commonplace during times like we are currently experiencing with COVID-19.

Why? Fortunately, psychology helps us to understand what are actually typical responses to atypical events.

People are very resilient — but often we have witnessed or developed ways to cope with stressors. When a threat is novel (and unfamiliar), it's typical that this will provoke anxiety. In extremes, this leads to unrealistic fears and responses, including racism.

We know what we can do that will make a difference — social distancing, effective communication, and following public health measures will keep you, and others, safe. These are realistic lines of defence. But what can we do to help — and build — our psychological health in times like these?

My personal top two tips are staying informed in a healthy way and staying healthy physically.

Stay informed — Not overloaded. As with any major news event, the media inundate us with coverage and potential implications and that can create additional stress. Limit your media consumption to just enough to stay informed and only from the most reliable sources. Gather information that will help you accurately determine your risk, so that you can take reasonable precautions. Frame your risks with clear facts — that typically helps quell panic. Alberta Health Services, the Public Health Agency of Canada, the World Health Organization, and the U.S. Centers for Disease Control are all reliable information sources. Avoid unnecessary exposure to stories or gossip about the pandemic through media, social media, and even in your social conversations.

Stay healthy. A healthy lifestyle is your best defence against disease. Physical health has positive impacts on psychological health (and vice versa). And, it's possible even with social distancing and good personal hygiene. Be creative with home workouts and local walking trails.

Want to really build your psychological health? Reflect on which of these strategies will work best for you:

Manage your stress levels. Prioritize, problem solve, and ask for help when you need it.

Actively enjoy life. Take some time for yourself, go for a walk, or spend time with friends and family doing things that you enjoy.

Avoid unnecessary negativity. Stay away from discussions about the pandemic if you think they have the potential to escalate to conflict or increase anxiety. Be aware of the frequency with which you're discussing the news.

Work on issues you care about. Stress and anxiety about the future is not productive, and we can channel that same energy into rewarding tasks.

Keep everything in perspective. Leaders need to prepare for possible worst-case scenarios, but that does not mean we need to expect the worst. Remember that life will go on. People have always survived difficult life circumstances. There is no reason why this situation cannot be similar. Avoid catastrophizing and maintain a balanced perspective.

Build your resilience. We can learn to adapt well to stress. How have you coped with stressors before? Add resilience tools to your tool bag to manage life's adversities.

Stay connected. Maintain your social networks (thank you, social media and telephones).

Make your plans. How would you respond if you or a loved one were diagnosed with COVID-19? Developing contingency plans for potential scenarios can lessen your anxiety.

Professional help is available if you are struggling to get through your daily responsibilities and activities. Signs of psychological distress include feeling overwhelming nervousness, lingering sadness, persistent feelings of distress or hopelessness, or even feeling like you cannot cope.

Psychologists are trained to help people find constructive ways of dealing with anxiety and emotional stress, and many psychologists offer (or have transitioned to) online and telephone services.

We can use this opportunity to build our psychological strength while being part of the solution.

Let's do too much — calmly, together, as a society.





punahongwanji1902
Puna Hongwanji Mission



“How to watch *online* Sunday Service”

1. In the internet search menu type in “Facebook Puna Hongwanji” and then click search.

facebook puna hongwanji



2. Click on the link that appears. <https://www.facebook.com/PunaHongwanji>

Puna Hongwanji Mission - Home | Facebook

<https://www.facebook.com/PunaHongwanji>

Puna Hongwanji Mission, Keaau, Hawaii. 995 likes · 119 talking about this · 1,884 were here. Puna Hongwanji is a Shin (Pure Land) Buddhist temple. It was founded in 1902. It has provided spiritual...

5/5 ★★★★★ (15)

Followers: 1K

Location: 16-492 Old Volcano Rd, Keaau, Ha...

Phone: (808) 966-9981

3. Either log on if you have an account, create an account, or just view without joining Facebook.

4. If you scroll down when you see the message log in or create you will get another screen. You can log in, create an account, or click not now.



See more of Puna Hongwanji Mission on Facebook

Form with fields for 'Email or Phone' and 'Password', and buttons for 'Log In', 'Forgot account?', 'Create New Account', and 'Not Now'.

← “Log in”

← “Create New Account”

← “Not Now”

5. If you have a Facebook account and like Puna Hongwanji you will get a message that Puna Hongwanji is Live. Here is a sample of what the message will say. You can click it to join.

Notifications

New



Puna Hongwanji Mission's ph...
1m



Puna Hongwanji is live



6. When you click on the video or link it will say “LIVE” on the screen. You can watch the live streaming.

AND FINALLY SOME SUGGESTIONS FOR WHAT TO DO - WHAT ARE YOU DOING?

Seize the Opportunity of Home Quarantine

Instead of lamenting the hardship and boredom of this weird time in history, assume it is a blessing in disguise. Use it to rejuvenate, discover new passions and do those things you never have time for. Tick the ideas you're willing to try and share this list.

- | | | |
|---|--|---|
| <input type="checkbox"/> Sort and tag your digital photos | <input type="checkbox"/> Write a poem or story | <input type="checkbox"/> Join an online community of likeminded people |
| <input type="checkbox"/> Make into a collage or poster | <input type="checkbox"/> Start a Journal or Blog | <input type="checkbox"/> Reach out to someone who lives alone or is feeling anxious |
| <input type="checkbox"/> Research your next holiday | <input type="checkbox"/> Read the books you never have time for | <input type="checkbox"/> Host a Skype / Zoom dinner party |
| <input type="checkbox"/> Do a photography project | <input type="checkbox"/> Yoga or exercise class | <input type="checkbox"/> Or a virtual support group |
| <input type="checkbox"/> Attend a Twitter Conference | <input type="checkbox"/> Spruce up your CV | <input type="checkbox"/> Get some positivity into your social media feed |
| <input type="checkbox"/> Declutter . Baby steps. | <input type="checkbox"/> Start your novel | <input type="checkbox"/> Try positive psychology activities |
| <input type="checkbox"/> Research a charity to support | <input type="checkbox"/> Try an art project | <input type="checkbox"/> Cook an amazing breakfast |
| <input type="checkbox"/> Prep and freeze some meals for when you're sick or back at work | <input type="checkbox"/> Binge on iView | <input type="checkbox"/> Create an amazing treasure hunt or clue-trail for a family member |
| <input type="checkbox"/> Create a digital scrapbook | <input type="checkbox"/> Revamp your garden | <input type="checkbox"/> Get familiar with online grocery shopping : create favourites lists |
| <input type="checkbox"/> Start a gratitude journal | <input type="checkbox"/> Practice mindfulness | <input type="checkbox"/> Or virtual dance party : You dress up and groove to the same music |
| <input type="checkbox"/> Write letters of love or thanks to your people. Post them. | <input type="checkbox"/> Try an eLearning course | <input type="checkbox"/> Organise your music playlist |
| <input type="checkbox"/> Research something you have always wondered about | <input type="checkbox"/> Make a cook book | <input type="checkbox"/> Reorganise your wardrobe |
| <input type="checkbox"/> Have a scented bubble bath with candles and music | <input type="checkbox"/> Create homemade gifts | <input type="checkbox"/> Delete all the apps you don't use and discover some new ones |
| <input type="checkbox"/> Write an advice letter to the teenager you were . Write another to yourself in 20 years . | <input type="checkbox"/> Phone old friends | <input type="checkbox"/> Hold a family or street singalong |
| <input type="checkbox"/> Learn a heritage skill like: baking, woodwork, preserving, mosaic, ceramics, cheese making, fermenting, foraging, quilting, slow cooking, soap + candle making, crochet, permaculture, knots, fire building, home remedies. | <input type="checkbox"/> Play parlour games | <input type="checkbox"/> Try some science experiments |
| <input type="checkbox"/> Draw an apple using a different style each day, for a week. | <input type="checkbox"/> Fix broken stuff | <input type="checkbox"/> Deliver supplies to those in need |
| <input type="checkbox"/> Attend a virtual symphony | <input type="checkbox"/> Design a dream home | <input type="checkbox"/> Rediscover a dusty appliance, instrument or boardgame |
| <input type="checkbox"/> Catch up on great movies | <input type="checkbox"/> Practice forgiveness | <input type="checkbox"/> Research training opportunities for when the world reopens |
| <input type="checkbox"/> Learn to say a favourite phase or quote in 7 different languages | <input type="checkbox"/> Plan your next party | <input type="checkbox"/> Build something amazing with Lego (You know you want to) |
| | <input type="checkbox"/> Kick a bad habit | <input type="checkbox"/> Brainstorm marketing ideas for your business, club or charity |
| | <input type="checkbox"/> Try adult colouring in | |
| | <input type="checkbox"/> Join a virtual bookclub | |
| | <input type="checkbox"/> Find great podcasts | |
| | <input type="checkbox"/> Update your goals | |
| | <input type="checkbox"/> Upcycle something | |
| | <input type="checkbox"/> Build a free website | |
| | <input type="checkbox"/> Re-arrange furniture | |