

Happiness Contest Responses

Questions: what is one thing you are doing that brings you happiness right now?

- ❖ Celebrating several of my friends' birthdays with a zoom call and getting a cake delivered to their door, so we can sing happy birthday and have them blow out the candles.
- ❖ Still working, making daily phone calls and FaceTime chats with my kids and grandkids
- ❖ Spending as much time with my 4.5-month-old baby boy!
- ❖ My nephew and niece bring me more happiness than I knew was possible. I help my sister out by helping to watch them, which in turn helps bring me joy. Their love is the most innocent, and pure feeling I've ever experienced.
- ❖ Laugh! Laughter does help. It does not solve a problem but finding humor throughout this time and everyday helps.
- ❖ Enjoy every day the time with my kids.
- ❖ My neighbors and my kids and husband and I had socially distant neighbor time. We all got sidewalk chalk and decorated the sidewalks in front of our homes with positive things, social distancing reminders, hopscotch boards, etc., we listened to music and we talked from afar. Reconnected. Now every time someone walks by, we watch them smile.
- ❖ Spending quality time at home with my pets!
- ❖ Yoga and LOTS of natural sunlight :)
- ❖ Reading, reading books makes me escape from reality for a little while and go into another reality. Takes my mind away from all that's going on in the world, even if for just a little while.
- ❖ During these uncertain times, my husband, daughter, and I are putting puzzles together in our spare "quarantine" times. It entertains us while we are "stuck" inside. My daughter especially loves it. She is only 2 years old, so she is most entertained by hiding pieces of the puzzles from us.
- ❖ I started a list called "Good Things to Come from This" I am writing things down that would not have happened without this crisis. Items so far include things like - our department went completely paperless over night! My two oldest kids lost their jobs, but then moved back in and are spending priceless time with their younger sister, and the nurse navigators have all become technology savvy!
- ❖ Praying every day and spending time video chatting with friends and family.
- ❖ It brings me happiness when I come into work and I'm able to bring a sense of Peace and calmness to a kiddo who's been having a difficult time during this pandemic.
- ❖ Daily meditation before we (myself and my 3 kids) start out new routine! I try and provide a positive environment for my children and focus on the fact that we are all healthy and have each other during this time of uncertainty.
- ❖ One thing that I am doing that brings me happiness right now is going on walks with my two dogs.
- ❖ Keeping connected with family by playing "Words with Friends" and other online board games.
- ❖ Daily facetime talks with family and friends makes me happy. Even though I can't reach out and touch them seeing their faces makes me happy.

- ❖ Watching all the Disney movies with my kiddo :)
- ❖ Taking a walk soaking up the sunshine!

- ❖ Spending lots of time with my husband, son, and dog. Being outside as much as possible. At-home exercise!
- ❖ Spending time with my dog.
- ❖ Long walks every single day in the sunshine!!
- ❖ Dear Chipotle: You're all I ever think about. I came to see you today because you make me happy. I know I can depend on you to lift my spirits and put a smile on my face! Our relationship is no secret, I have told everybody about you. Thank you for offering curbside service during this time. If lovin' a burrito is wrong, I don't wanna be right. Love at first bite! :)

- ❖ I am enjoying the little things in life: the beautiful spring weather, sitting on the couch with my husband and dogs, and cherishing this time my husband and I have off work together.
- ❖ Gardening and taking advantage of my kids being home so we can spend so quality time together.
- ❖ Walking my dog in this beautiful weather, enjoying time with family, and being grateful that I am able to come to work each day!
- ❖ Being at work! Considering everything that is going on, I feel blessed to be able to continue to work as well as making a difference in the community.
- ❖ For every article, report, update or conversation that focuses on fear, I'm posting, sharing, talking about Hope, Love, Assurance and praying for peace and healing! It's an exhausting task because fear and misinformation are overwhelming us all and to be the voice of calm, reason and hope takes more time and more effort but it's worth it!!!
- ❖ Facetiming and talking to family and friends more often than usual :)
- ❖ Sleeping
- ❖ I work out with videos from YouTube. Clean my back yard. Do waffles
- ❖ I am helping my neighbors get groceries and helping with any needed handyman work.
- ❖ Working
- ❖ Spending quality time with my family and trying to help others be positive though this difficult time.
- ❖ Sewing masks with all the extra fabric I have and watching Unsolved Mysteries while I do it.
- ❖ I think working with a group of truly amazing people is really bringing me joy during this time. I work in the CTS clinic, and a large majority of us have been hit hard with all the daycare closures. Our team has banded together and are making things work in extraordinary ways to keep our patients taken care of and our team thriving.
- ❖ I make it a priority to work out each day. That helps me get out my excess energy.
- ❖ In my down time I am crocheting scarves to donate to patients next fall. I also am remaining calm and providing support to each patient and their family during this challenging time.
- ❖ Face timing my daughter's and grandchildren. Trying to stay positive and feeling very blessed! On April 1, I

am starting my 13yr of breast cancer survivorship! Praying for everyone to be okay.

- ❖ Exercise more than usual, spend time (isolated) outside, meditating, and spending quality time with my husband and dog!
- ❖ Meditation
- ❖ I am enjoying being able to educate patients through triage. Also, helping my daughter adjust to the changes (i.e.) getting a "classroom" set up for her at home.
- ❖ Taking care of patient's even with all this chaos going on with covid19!
- ❖ Good health. encouragement, prayer and faith
- ❖ My kids and I love to do crafts, so we have been making homemade playdough and painting pictures for family members to send to them via mail.
- ❖ I am finishing projects that I had promised to myself and others. I remember a quote: " you should never start what you are not committed to finish". And now I have!
- ❖ When I am home from work, I am taking 20-30 minutes each evening to wright down things I am grateful for that day. You can always find things to be grateful for if you are looking!
- ❖ I greet everybody with a smile and try to help them as much as possible. I love making jokes and telling my coworkers how awesome I think they are and what a fantastic job their doing.
- ❖ I am painting/upcycling old furniture, it occupies my mind and creates something beautiful out of other's unwanted items.
- ❖ Sitting outside and reading on my days off.
- ❖ Finding new ways to make my kids smile.
- ❖ Going outside!
- ❖ Organizing basement & garage...things I've put off - doesn't sound fun, but I sure am loving the results! No longer having to squeeze around stuff in the garage to get to my car!
- ❖ Checking in with my family at home by phone when I have some free time.
- ❖ Facetiming with my daughter and new granddaughter
- ❖ Spending quality time with my husband and our dogs. Also, giving myself daily reminders of how blessed I am.
- ❖ Our two daughters and grown & have households of their own. Each night we Zoom or FaceTime catching up on day's events or something funny to share. I feel like we are more connected now than prior tothe pandemic.
- ❖ Taking walks with my children and dog when I get home from work. after I shower and change my clothes of course!!
- ❖ Creating & Finding Fun & New Games For my Kids & I to do at home.
- ❖ Turning screens off and playing with my kids every night!

- ❖ Knitting baby blankets, baby hats, and other things for coworkers and friends who are expecting.
- ❖ Walking as much as possible as a family and playing lots of outdoor activities with the kids. They love having all this extra one on one time with mom and dad!
- ❖ Working with my church to bring co-workers goody bags approved by Management to give them some things to look forward to, encouraging notes, snacks, pens, hope and love.
- ❖ Helping others.
- ❖ I am doing a lot more facetime right now. I usually get to see my children and grandchildren every week, so this is just one way to brighten my day. I also love to craft. My new passion is making personalized cups. Of course, there is always spring cleaning to do...haven't started that yet.
- ❖ Planting flowers and veggies and cleaning up my yard! Enjoying Spring weather!
- ❖ I am completing quilting projects that have been planned for years.
- ❖ One thing I am doing that brings me happiness right now is spending quality time with my teenage son!!
- ❖ My significant other and I are preparing for the birth of our first child due in July. We have painting the nursery, putting the crib together, cleaning and organizing her clothing. Everything involving this little girl is bringing us happiness. picking a name, feeling her move.
- ❖ I try to do yoga for 30-60 minutes a day!
- ❖ Things I'm doing is greeting everyone as they come in while helping EVS out with cleaning. How awesome is the staff to recognize me doing a little more than what is asked without a fuss! I just let them know "job security" then they laugh. Just making people smile and laugh is something we can use in this time of crisis. I absolutely love my job!
- ❖ I get to teach my kindergartener! I have always enjoyed teaching, and now I get to do it for my own kiddo since he's not in school for the rest of the year. When I was working on the floor, I really liked being a preceptor and getting to mold new nurses as they began their careers. Then as a Unit Coordinator I got to expand on that more and be a resource and teach even more nurses and aides daily. Now that school is cancelled, I get to come up with lesson plans and daily themed activities, and it is SO fun watching my son learn something new every day.
- ❖ Knowing God is in control and that he goes before us and protects us, and that the safety of all our loved ones are in his hands, grants me comfort and happiness.
- ❖ Cooking recipes from my mother's cookbook.
- ❖ Talking with my family in Maryland and in California every single day.
- ❖ Keeping in contact with loved ones and making sure they are doing well!
- ❖ Providing a safe place for children that may have complex behavioral issues.
- ❖ Walking my new puppy!
- ❖ I am running errands and picking up groceries for 3 ladies in my sub-division that can't get out due to the virus. 2 ladies have cancer and 1 is older and fearful of going out. Then I come to work and do my best to

stay happy and positive.

- ❖ Going on walks with my kids when I get home from work.
- ❖ I have been enjoying my days off by going to the park - specifically Antioch Park! It's very peaceful there and there's enough space to practice social distancing! I also have been getting back into painting!
- ❖
- ❖ I'm Face Timing family and friends every day and today I made Easter cookies to practice my cookie decorating skills!
- ❖ My son is 2 and since my husband is working from home during this time, we are getting to spend more time together as a family on my days off. We get through difficult situations through laughter and always try to make light of a bad situation. We have been making "Quarantine Signs" each day that our son holds up to neighbors or friends just to get a laugh. Our first we made was him with his push mower that said "Quarantine Day#4 Will Mow for TP" we sat on our driveway and he waved at cars that passed by. The next day we went on a drive to wave at friends from the car with a sign that just said, "Quarantine Day #5, Hi friends we miss you". Yesterday he was playing car wash so we made a sign that said, "Quarantine Day #6 will wash Cars for Diapers" and sent it to family. We probably won't keep this up on days I work but figure the only thing our son needs to remember from all of this is he got to spend more time laughing with his family.
- ❖ Working in my yard and prepping to plant spring flowers
- ❖ I am re-purposing my daughter's drawings and sending them with a love note to our family and friends in the mail.
- ❖ Planning a wedding! I got engaged on Wednesday and it is nice to know that even though the circumstances are hard right now, I am surrounded by amazing people and that there is so much to look forward to!
- ❖ Thanking God to be alive!
- ❖ Taking in fresh air with my dog.
- ❖ Walking and playing with my dogs! They are loving having a human at home 24/7 right now so all the extra puppy love has been great both ways!
- ❖ Snapchat filters with the kids, laughing on the daily with my kids, baking more, spending more time with my children and teaching them that momma bear will be here to protect them from the big bad wolf.
- ❖ Spending quality time with my wife.
- ❖ Hanging out with my dog and going on multiple walks with him.
- ❖ What we focus on grows. So, I choose to focus on the positive each day. I send out an email at 0630 each morning to my team and all of Cancer Center leadership with a positive or encouraging quote. This way, everyone's day starts out on a positive note - if they choose. By sending it out to all of Cancer Center leadership, my hope is this will create a ripple effect to their respective teams as well. Examples from this week: "Hope and fear cannot occupy the same space. Invite one to stay." - Maya Angelou "The value of our lives is not determined by what we do for ourselves. The value of our lives is determined by what we do for

others." - Simon Sinek "Your current situation is not your final destination." "After all of this is over, all that will really matter is how we treated each other." "This pandemic experience is a massive experiment in collective vulnerability. We can be our worst selves when we are afraid, or our very best, bravest selves. In the context of fear & vulnerability, there is often very little in between b/c when we are uncertain and afraid our default is self- protection. We don't have to be scary when we are scared. Let's choose awkward, brave & kind. And let's choose each other." - Brene Brown A ripple of positivity can bring happiness to not only myself but to others. Since we attract what we project, I choose to project the positives in hopes of bringing that into the lives of others as we collectively get through this.

- ❖ Gardening
- ❖ I used oil paints for the first time and painted a picture that I really enjoyed! I plan on putting it on my room wall.
- ❖ I have an older lady that lives 2 blocks from me that can't get out to get the things she needs and she has no family, so when I go to the store I call and get her list so she doesn't run the risk of getting sick (She is 92) she lives on a very fixed income so I just pay for her things. Why does this make me happy because I can bring some sunshine to someone's day in this uncertainty of our time just speeding some joy makes me happy.
- ❖ Cuddling with my 2 fur babies.
- ❖ I think the thing that shows me happiness right now is being able to show up to work and help my fellow co-workers. Whether it's coming into work or helping bring in snack!
- ❖ Going on a bike ride and enjoying the spring weather.
- ❖ Self-care, reading, cleaning, and catching up on things I didn't have time to do before.
- ❖ Planting spring flowers and getting ready to plant my garden. Enjoying the sunlight most of all!
- ❖ Making time to walk outside for 30-45 mins each day to get fresh air and relieve stress and anxiety. Take roommate's dog for a walk too!
- ❖ My family has been watching old home movies from the 1960's and laughing at how "groovy " everyone was. It's been nice to see those family members that are no longer with us and remember all the fun times.
- ❖ I have always wanted to learn the violin, but my parents couldn't afford lessons. This pandemic with the seismic 'nudge' I needed. I purchased a violin last week and will be taking online lessons for the next few months.
- ❖ Group FaceTime with family and friends.
- ❖ Spending time with my roommate and my cat!
- ❖ I am taking more walks. The walking really helps clear my head during this stressful time. I am also reading books on self-care. I am making time each day to do something for myself even if only for a few minutes.
- ❖ Spending as much time as possible with my patients to give them encouragement and support especially now that their family cannot visit them
- ❖ Getting sunshine (when it shines), coloring in adult coloring books, catching up on Netflix shows, yard work (planted lilies a few days ago), and watching the grass turn green and trees bloom. I LOVE SPRING!

- ❖ Spending time with your significant other and our three dogs.
- ❖ Being with my family.
- ❖ Spending quality time with my new husband.
- ❖ Getting outside in the sunshine to run!
- ❖ Having quality time with my husband and son, exercising, cooking healthy meals to keep us healthy!!!
- ❖ I am finishing up building a really cool cigar box slide guitar, after which I plan to upload myself to social media playing music for the enjoyment and encouragement of others during this difficult time.
- ❖ I am doing 10-20 minutes of yoga and stretching in the morning and evenings with my 5yo son. We are also going on exploring adventures around my neighborhood (keeping social distance from others who are on walks) -we collect rocks-some we paint later on- and observe and smell all the beautiful plants blooming right now.
- ❖ I am working on a Jigsaw puzzle and have more to put together when that is done.
- ❖ Cooking and baking new recipes with my boyfriend to pass time and level up on our skills!
- ❖ Taking my doggo Charlie on lots of walks!!
- ❖ Being with family
- ❖ Although with COVID-19 limiting our access to leave the house, I have been walking in our neighborhood weekly, taking our daughter for bike rides, or pulling weeds, etc. to still get outside and be active. This has allowed time for my family and I to be together and doing things we enjoy although we have been staying home a lot!
- ❖ Working out & listening to church sermons daily. Also continuing to send thank you reminders to family, friends, & even strangers during a tough time.
- ❖ Spending time with my kids and doing a family puzzle.
- ❖ Now that baseball and soccer have been postponed for my kids, we've created a new game to combine the two and coined it "Boccerball." Our elderly neighbors even come out to watch us play, from a socially acceptable distance of course. :)
- ❖ I am currently planning our wedding that is set for May 15th, 2020! As of now, we are in the clear with the restrictions we have now. We have a backup date for October. We have been keeping our guests up to date via our wedding website on the knot! My fiancé and I are staying positive in the midst of the chaos and unknown! We were planning our honeymoon as well, that is at a standstill until the foreseeable future. We are still dreaming of where we can go! My bachelorette party was supposed to be in a few weeks, my friends and I are planning to have a "zoom" video chat date to keep things fun and loving! We must find the good and the blessings among this messy time!
- ❖ Social distancing by gardening produce at home.
- ❖ Setting aside time to FaceTime friends and family every day.
- ❖ Getting outside more and walking my dogs.
- ❖ Reading, scrapbooking, one hour outside every day, creative - online live workouts, starting new Netflix

shows, facetimeing with my family and at least 1 friend daily!

- ❖ I did an online painting class! It was like a group session but over zoom! So fun and almost felt like a normal activity.
- ❖ I have a 10-week-old Golden Retriever puppy that brings me all the joy and happiness after working a long shift in the COVID bay area of the Emergency Department. We do yoga, go for nice walks outside, make cookies, and watch Netflix! All the stress and worry melt away. She's my best buddy!!
- ❖ Zoom happy hours with my friends!
- ❖ Cuddling with my dogs.
- ❖ Learning more about gardening. Planting several vegetables and plants while things are quiet at home.
- ❖ Hopefully when our schedules become more hectic the plants will be a nice reminder to slow down and enjoy nature on more of a regular basis.
- ❖ Appreciating what I have in my life right now instead of what I don't have.
- ❖ Going on walks with my kids, facetimeing my family, coloring in my adult coloring book!
- ❖ Taking my dog for a long walk every day! No matter the weather, we are taking time to get exercise, feel fresh air, and get out of the house.
- ❖ Going for long walks with my 19-month-old son through the nature trails by Smithville Lake; plenty of wide-open spaces for social distancing.
- ❖ Daily devotions and daily debriefing in my journal. Followed by a few chapters in a fiction book to settle my mind before bed.
- ❖ We did a "virtual" gender reveal with our family this week and found out we are having a boy! Now on my days off I will start getting his room ready.
- ❖ Exchanging a smile with strangers.
- ❖ Having more time to take care of my dog, goats, and cows! And doing it all with the love of my life.
- ❖ I begin each day thinking of all the things to be grateful for. Whenever I do begin to fear, I try to think of the circumstances as a blessing in disguise. Not worried about not being able to provide financially for my family, but instead so thankful to give them my extra time and attention. Instead of making plans for family vacation for "someday" I am enjoying the moments with my family right now. That is what makes life meaningful and brings happiness for me.
- ❖ Trying to get fresh air as much as possible. I am sure everyone else feels like they are getting cabin fever as much as I do. It is important for me to step outside and decompress during this outbreak. It really helps my mental status and outlook on everything that is going on in the world right now.
- ❖ I am enjoying running outside with my dog on my days off or before I come in for nightshift.
- ❖ Enjoying a lot of home cooked meals with my husband!
- ❖ One thing that brings me happiness right now is having a little extra time to enjoy my coffee and the morning sunrise when I have the day off.

- ❖ Providing patient care and spending more quality time with family during the shutdown
- ❖ While staying at home can be challenging, I found that getting out of the house for some fresh air has been nice. With the last few days being sunny, I have enjoyed walking with my dog and sitting on the patio enjoying the sun. Trying to enjoy the happy things in life and not dwell on the stressful bits we are experiencing!
- ❖ Playing with my dog
- ❖ Indoor exercises suggested by the Kirmayer Fitness Center!
- ❖ Going on walks and jogs with my dog! She is a 5lb Chihuahua. so walking is more her speed ;) But anytime I can.
- ❖ Social distance while being in the sunshine, that helps!
- ❖ Getting back into my reading, and learning new DIY crafts
- ❖ Spending time with my dog, Riggs, and calling loved ones who are far away.
- ❖ Spending extra time with my children being creative making up new games and going on scavenger hunts!
- ❖ Cooperative board gaming; pandemic Legacy Season 1, via streaming with friends so we can still practice social distancing!
- ❖ I listen to inspirational sermons everyday like the one that gives me hope, faith and not fear " one of the speakers said " Faith, hope, and love are contagious so as fear. He added " is what you are carrying worth catching" so I have decided to stay positive each and every single day by keeping hope, faith and love alive. I also drink hot water in lemon every day with my family, exercise every day, pray every day with family, remembering the front line crews during this calamity, pray for victims and their loved ones plus praying for peace all over the world, we need it you know. Above all follow the recommendations. And this too shall come to pass. One day at a time.
- ❖ Spending more quality time with my kids and husband
- ❖ Spending time with family
- ❖ Actually, sitting down with my family and talking. Turning off the television and learning to reconnect without devices. We even sit outside to listen and feel nature. It's wonderful!!
- ❖ Coloring and doing puzzles at home.
- ❖ Being with my family and being able to connect in ways we have no done before.
- ❖ Utilizing the eLibrary available 24/7 from the Johnson County Library. We can still get our readin' on. :)
- ❖ Still bringing a smile to my patients and coworkers, regardless of what we our facing right now. I believe that no matter what my smile and joyous attitude will be a delight and Contagious. I know you say a smile, but to be able to get up and still come to work as if nothing is going on and still give or patients A plus care is hard especially when leaving your family behind and possibly put you and them at risk. But to know no matter what we get up knowing what we are doing is something that we love and still do it with a smile says it all. That's what makes me happy to be able to know I can still have a smile and be in good spirits no matter what we are facing.

- ❖ Right now, every sec I can spend with my family is my happiness. I also very much enjoy helping others in their time of need.
- ❖ Family game nights!
- ❖ Whenever my family is together, we LOVE to play cards. Our favorite games are Euchre and Hearts. We spend hours playing and chatting...sometimes staying up much too late. But hey, there are only a few times the gang is all back together and we need to catch up somehow! Since everyone is in quarantine and we are in four different states, we've been continuing our card playing tradition online. We found a website that allows you to play cards with people from all over! So, whenever people are free, we login to cardzmania and get a family game of Euchre or Hearts started. The best part is everyone gets on Houseparty (an app like FaceTime) while playing. This allows us to talk to each other like we normally would be while playing cards...which of course also includes some friendly trash talking! So far, it's been a fun way to keep the family together and continue our family traditions! I even think once the quarantine is all over, we are going to keep playing. It's so nice to be able to
- ❖ Spend time with each other even though we may not be under the same roof.
- ❖ Spending time with my family
- ❖ I had my boys n friends make Get well cards for patients and I passed them out to the patients on our unit. It's very lonely for many of these patients without visitors.
- ❖ Every day I identify a miracle, because they surround us but sometimes are masked by the devastation of this current phenomenon. Coffee and smiles are two of the greatest miracles. Similarly, miracles can also be eating a spoonful of Nutella mid-shift or safely arriving home from work.
- ❖ Walking the dog daily outside
- ❖ Spending time with family lots of Netflix
- ❖ Face Timing friends daily while practicing social distancing :)
- ❖ I am going for walks and reading books I have been wanting to read!
- ❖ Providing support and positivity to my teammates at work. In times of great uncertainty and fear, with information constantly changing, I remind them daily of the good that exists. I tell them they are appreciated and remind them what an important part they play on our team and that they're doing a great job. Being able to be there and support a positive work environment despite the current circumstances helps me to remember that there is always a light in the darkness.
- ❖ Getting back into yoga and Face Timing with family and friends
- ❖ I used to do a lot of drawing and painting back in high school. I decided to bring it back, but this time on my iPad.
- ❖ I downloaded an art app (called Procreate) and have been using it to draw and write journal entries. It has been very helpful to keep my mind busy and help relieve some anxiety.
- ❖ Face Timing as many people as possible!
- ❖ Staying in touch by phone with close family, my wife, my kids, grandkids brothers and sisters. Staying inside my home as much as possible, wiping and cleaning everything I touch. I give thanks to the almighty for my

health and that I still have a job where I can come and take care of the sick. I give thumbs up to all the healthcare workers that make to work every day. Despite everything like good soldiers.

- ❖ Playing with my 4-month-old puppy, Lloyd.
- ❖ I journal. Each day I sit and write about all the new ideas, thoughts, and emotions during this new normal.
- ❖ One thing that I am doing that brings me happiness at the moment is ensuring that I engage in some mindful meditation and exercise at least 3 days a week. Being at home has really allowed me to spend more quality time with my family and away from screens and although it is a difficult time, I know I can continue to find little slivers of happiness and progressiveness in everyday activities! Also, I have been engaging in cooking and baking more with my husband which is something that is newer to me but that I really enjoy doing. :)
- ❖ Social distancing through online gaming daily, it may sound silly, but nothing brings me more joy right now than being able to zone out and decompress with my friends all over the U.S. and my fiancé.
- ❖ One thing I am doing that brings me happiness right now is learning how to adjust my work out and run in the fresh air. It gets me out of the house (social distancing of course) and is helping me enjoy the fresh breeze.
- ❖ Repainting barstools the way I want them!!
- ❖ Exploring other worlds in books and the new Animal Crossing game!
- ❖ Staying safe and checking in with it's my family often. Extra cuddles with my kitten!
- ❖ I am homeschooling my kids- with the world being the way it is everything so crazy and the world is upside down. I am looking on the brighter side of things and looking at homeschooling my children as a blessing instead of a burden. It is so fun to watch them learn and go further in their request for knowledge
- ❖ Since my family and I are on a 14-day quarantine, we've decided to celebrate our favorite holidays over the next two weeks. Yesterday, we celebrated Easter with coloring and our infamous Easter Egg hunt. Today, we made our own Halloween costumes and created a maze throughout our house for our boys to go "trick or treating".
- ❖ Tomorrow, we will celebrate Thanksgiving but drawing/coloring Turkeys and having a fantastic dinner, going around the table saying what we are thankful for. We will also be celebrating Christmas Eve, Christmas, 4th of July, Valentine's Day, etc.
- ❖ By making clients laugh and talking to my family about helping other
- ❖ Reading lots of books
- ❖ Having a standing phone date with my parents each morning while walking my dog.
- ❖ Selling items on Facebook Marketplace!!!
- ❖ I am spending a lot more time with my 4 dogs.
- ❖ Spending time off with my loved ones and preparing for our baby to arrive. ❤️
- ❖ Yoga

- ❖ Enjoying the sunshine, walking my dog, and keeping a positive attitude.
- ❖ I bought by 9 yr. old a new "big girl" scooter and every evening we take it out and enjoy the beautiful weather, her riding and I jogging, and trying to keep up.
- ❖ Honestly, I am reconnecting more with my brother. We are working on making me a table out of walnut, but I keep asking him questions about his feelings towards this pandemic and his thoughts about where each of us are in our lives, and our childhood. Normally, we both would be busy working and probably not even talk to each other except a random text message.
- ❖ Going on a walk outside on my days off
- ❖ Soaking up all the time with my family
- ❖ Getting outside each day (on my own porch) and sitting in the sun!
- ❖ Walking my dog.
- ❖ I find doing jigsaw puzzles and going for long walks help me to relax and brings happiness
- ❖ Working - being able to comfort those who are stressed during this time and develop a close relationship as family is not able to be at bedside. I became a nurse because I love my job!
- ❖ Being able to keep working & provide for my children. Not everyone can say the same thing. I am essential.
- ❖ Seeing people smile even with everything that's going on in the world right now
- ❖ I have been redecorating my apartment. I have also started a little garden out on my deck. I planted flowers, and some vegetables and herbs. Getting my hands in fresh dirt always makes me happy.
- ❖ Keeping the positive vibes, knowing that this is temporary, and we will get through it as a community!
- ❖ I am exercising
- ❖ Enjoying the slow pace of life right now... No rushing in the mornings to get the kids to school, no activities in the evenings...just enjoying my kids, being outdoors as much as possible, and slowing down!!
- ❖ There is so much good still if we just choose to find it!
- ❖ Going on daily walks with my kids.
- ❖ Going on walk with my boyfriend and dog
- ❖ I am finding happiness by Facetiming with my husband and kiddos several times daily. I'm home and working a lot of hours while my kids are at the lake, enjoying life and following social isolation suggestions.
- ❖ Spending time with my family. Teaching my little ones how to bake.
- ❖ Continuing to work out with at home workouts as a fitness community every day @ Fusion Fitness via Instagram
- ❖ The thing that brings me happiness is being able to still go outside and enjoy the sun for a couple minutes on the back porch. The sun is still shining, and we will all get through it together.
- ❖ Spending my time with my furry babies while catching up on my favorite TV shows.

- ❖ My daughters and I are cooking dishes from a new country each night and learning about their culture to keep them motivated to learn while they're doing online assignments.
- ❖ Dropping off pansies in festive planters to my friends who are also on the frontlines working at other metro hospitals. Something to brighten their day with thoughts of spring!
- ❖ The burn center has started doing random acts of kindness for others! Started with coffee on the 6th floor ICU COVID units today :)
- ❖ Getting outside every day, rain or shine!
- ❖ Spending more time with family
- ❖ I am doing several things! Re-reading the Harry Potter series (it has been a while) watching a lot of movies, doing yoga & trying to stay active!
- ❖ I am hanging out with my roommates, playing computer games, and going fishing/enjoying nature!
- ❖ Supporting my RNs and PCAs here on CA6.
- ❖ Spending time with my family
- ❖ At the end of a long day, I find so much joy and relief in doing puzzles!
- ❖ Going on nature walks with my kids
- ❖ One thing I do that brings me happiness, is to continue to PRAY
- ❖ Calling my elder family members who live out of state and driving by my local elder family members' homes to give very far away air hugs. Just to let them know that I am thinking about them.
- ❖ Tending to my first vegetable garden I started. This is a great opportunity to get some sunshine, fresh air and move my body.
- ❖ Each morning before I come to work, I think about my patients who are missing their families, then I try to bring them happiness and a smile every time I am in their rooms! Watching my patients or co-workers light up encourages me and brings me joy.
- ❖ Trying to recover from a broken ankle and get back to work with my "clinic family" to help my co-workers and our patients who I ❤️ and miss to get through this bump in the road and get back to normal workflows. Yay KUMC!! ❤️❤️❤️
- ❖ Catching special live broadcasts (and some recordings) of favorite Musical performers (Dave Matthews, Paul Simon) and theatrical events and films being broadcast specifically to help relieve some of the stress and support others during this time. Music and time with family.
- ❖ Smiling when we greet the patients
- ❖ Catching special live broadcasts (and some recordings) of favorite Musical performers (Dave Matthews, Paul Simon) and theatrical events and films being broadcast specifically to help relieve some of the stress and support others during this time. Music and time with family.
- ❖ Baking bread - So meditative and relaxing!

- ❖ My co-workers are working a lot from home and we aren't getting near the face to face interaction with each other. I started an email thread to keep us in touch and to keep things light and funny where you name something your pet or child/children did today (if you're working from home or getting ready), but describe them as your colleague (results are hilarious):
 1. I have 5 colleagues in my office, and one likes to just sit on my computer keyboard (especially with his lack of undergarments) I told him that it's very unsanitary and he's not following social distancing guidelines 🙄🙄
 2. Every time I get up to go to the bathroom, my coworker races ahead of me and jumps on the counter. Then he, yes, he, proceeds to swat at my head while I'm sitting there.
 3. Yesterday my colleague kept falling asleep at her desk and snoring like she was dreaming she was a motorcycle.
 4. I have 5 colleagues in my office. One Colleague kept me up all night scared of the storms and then got stuck under my bed. #2 just barks all day because she has never seen so many people walking outside. #3 decides to make me eggs and leave the shells in them which was funny and now playing Rode Blocks. #4 is working on his homework beside me asking me 100 questions while working. #4 just woke up a few minutes ago and now is on his phone. #5 is I have no clue we don't see her much, most likely planning her attack on everybody.
 5. My colleague is arguing with me because I told her no, she could not bring the bone inside to chew on.
 6. My colleague keeps coming in and out of my office. I wish he could decide whether he wants to be inside or outside!
 7. My colleague attacked me until we did her routine tricks/treats. Then laid on the chair beside me playing with the computer cord. She's napping now.
 8. My colleague came in while I was blow drying my hair this morning, jumped on my bed, rolled on her back and looked at me pleadingly until I used the blow dryer on her belly
 9. My colleague laid on his back and stared me down until I rubbed his chin and belly. Then he proceeded to bite my hand.
- ❖ My husband and I have carved out time each day to go for a walk together.
- ❖ I have been listening to upbuilding Christian music, crocheting gifts for others, sending out encouraging text, and most importantly spending time with my family exercising.
- ❖ Spending quality time with my fiancé and puppies at home!
- ❖ My fiancé and I just bought a house and we are fixing it up! This is bringing me so much happiness so spends quality time with him fixing up our first home!
- ❖ Self-care brings me happiness at this moment. allowing time to take care of me in the smallest, simplest ways- positive affirmations, taking a moment to sip French vanilla coffee, laugh/smile with patients, prayer, listening to instrumental jazz, being home with my family after work, patient education is rewarding to me working in yard with flowers, evening walks with husband
- ❖ My husband and I have been putting a puzzle together at night instead of watching TV. Oh, and petting the dogs, a lot.
- ❖ Yoga
- ❖ Being able to paint a little bit
- ❖ I am mailing cards and postcards to my family and close friends as we cannot see each other. It is one way

to spread happiness to them, and it makes me happy both writing the cards and walking to the mailbox outside. Please give the QT card to other frontline staff. And thank you for this way to share the good.

- ❖ Baking at home!
- ❖ Running and praying. In order to be strong and healthy, I take the time to run after my long 12-hour shifts. While running I listen to Art Pepper radio station on Pandora. I also use the time to mediate, connect with nature and find one good thing that the earth has to offer. At night it's crisp air, in the morning it's the sound of the birds chirping. So long as the birds are still chirping, I know that we are still covered in God's hands. Which always reminds me to give God praise and to thank him for another day on his wonderful earth.
- ❖ Although the world may feel in chaos during this time, I find my peace simply by listening to the sound of the earth.
- ❖ Playing words with friends, with my friends online
- ❖ I am taking advantage of extra time at home by taking my sweet pups on walks and giving them extra love!
- ❖ I am finally able to take the time and enjoy the moment. I can relax with my kids while doing crafts, making messes without the worry of running out of time, playing outdoors and not worrying about bedtime, teaching them new skills such as cooking and learning things from them about who they are and are becoming. Having the time and energy to give them my undivided attention. I have found happiness in being grateful for their innocence and positive energy. I hope to be reminded of this time years to come when they can remember when they look back and remember the time that their mom and dad were home making wonderful memories during a terrible time in our world.
- ❖ Cooking, walking, taking long baths, and smelling candles
- ❖ I've been keeping in touch with all my loved ones to remember who I am thankful for in times like these. Utilizing social media and video conferencing services has been helpful. For example, my partner and I did a video chat with two of our good friends the other night. We both had Monopoly boards set up and had game night! One more example: my partner's manager at work created a video conference with multiple employees (and family!) included. The manager created a trivia game through slides and shared his screen for everyone to play together in real time. Technology can be such a cool tool to maintain connections with others, which I find particularly helpful to make 'social isolation' less emotionally isolating.
- ❖ At home dance solo dance parties!
- ❖ Learning new things - Turkish getups for exercise, making garam masala spice were the highlights of my last two days:)
- ❖ Calling my grandma
- ❖ I am happy I can stay on-site to support my Director during this trying time. It brings me satisfaction to know I can support my co-workers at any given moment when my presence is needed.
- ❖ Exercise. During these times, being able to stay active really keeps my mind leveled, calm and is almost like a little vacation from everything going on.
- ❖ Working in the COVID Hotline I encounter everyone from physicians, various other healthcare professionals, patients, even community leaders. I have been there to help answer pressing questions, relieve stressor associated with pandemic concerns, and guide the community holistically with education, therapeutic communication, and resolve in a time where there seems to be more questions than answers.

- ❖ Soaking up sunlight in my backyard with my husband and daughter.
- ❖ I just received a model train set for my 31st birthday. I plan on setting it up with my daughter and playing with it all weekend!!
- ❖ I love every moment I spend with my 9-month-old son Gabriel. We love to sing and dance, this brings us both happiness. His smile and baby giggles melt my heart! I refuse to let COVID rob me of my time and ability to make memories with my family.
- ❖ Going on a morning walk with my kids.
- ❖ Working, passes the time so you almost forget about the pandemic.
- ❖ Spending time with my kids. Trying to get as much outside time as we can.
- ❖ I am working from home and I was able this week to release payment to a small local print company that had been help up in processing, they really needed the check this week with the strange things happening in our community.
- ❖ I am enjoying time with my dog and teaching him some new tricks. Lots of snuggles and backyard time.
- ❖ I just started a new hobby, fluid acrylic painting. I'm working from home and the only place to set up my computer is my living room. So being able to go down to the basement after work and mix colors or do paintings has given me a non-workspace to go to and be able to "escape" from the new normal.
- ❖ Helping others and making a difference! Also getting to reconnect with family and have time to do things other than work and school.
- ❖ Taking my puppy on walks to McClain's for morning coffee.
- ❖ One thing I am doing that brings me happiness right now is spending time with my dog Buck. He loves this spring weather and going on walks throughout the day! Spending time with him makes everything better!
- ❖ I am outside in this beautiful weather watching my son learn to explore the outdoors. Spending time with him makes everything better.
- ❖ One thing that brings me happiness is spending time with my dogs outside.
- ❖ By checking on my friends and family across the globe by and sending them well wishes or bible verses.
- ❖ During these uncertain days, I pray and remain in an upright and positive mindset because I know everything is going to be alright.
- ❖ I worked temp screening at the MOB all week. I was happy to help patients get to where they needed to be. I learned that patients have a lot of more difficult things on their mind, other than having to worry about COVID. Hoping a friendly smile would put them at ease for a bit
- ❖ I am coming to work with a good attitude. When the anxiety of the events we are going through at this present time I encourage my co-workers that this too shall pass. I try to be productive and keep my head in the game and not on the situation.
- ❖ Snuggly with my pets

- ❖ Spending quality time with my family on my days off from work: This week we placed teddy bears in windows so the kids in the neighborhood could go on a bear hunt. We also chalked our sidewalks so the neighbors could find some positivity on their family walks during this stressful period.
- ❖ I pray for my patients that I will taking care of that day as I am walking into work.
- ❖ I have started walking to work (weather permitting). The fresh air and exercise help me wake and warm up for the day.
- ❖ Focusing all my anxious/nervous energy on my boys- ages four and one. I'm soaking up all their energy and laughs when not at work!
- ❖ I am unable to see my grandma since she lives in a nursing home. So instead, I write her notes weekly and deliver it to the front desk. Every day when I call, she tells me how much it means to her and she reads it to all her friends. She has dementia so this is a hard time for her. Bringing her happiness, makes me happy.
- ❖ Taking long walks with and without my dog Murphy.
- ❖ I have been creative cooking in the kitchen with the random ingredients that we have and that has been really life giving.
- ❖ I am reflecting on the fact that I have a job and that I work with a ton of amazing nurses and aides!
- ❖ Planning a garden. I encourage anyone who is interested to try, it brings hope for the future, education for all, exercise and nutrition.
- ❖ I'm making plans to travel with my kids and husband when this pandemic is over.
- ❖ Listening to my fiancée when he forces me to turn off the news.
- ❖ When I leave work, I stop by and check on my 93-yr. old aunt to make sure all her needs are met. it's truly an honor with everything that is going on.
- ❖ I am spending a lot more time with my wife and kids. Playing games, watching movies, talking, helping with homework, getting groceries and supplies for my older parents who are locked in their house.
- ❖ Going on runs with my dog!
- ❖ Taking a moment to deep breath and read a book rather than listen to the news or be on social media
- ❖ I am preparing my flower beds so that I can start gardening as soon as weather permits, and time is right. Being outside clears the cobwebs from my mind and helps me unwind from the stress of the job and healthcare world in general. The act of clearing out leaves and bringing in new mulch and preparing new beds and seeing new life as it grows is refreshing and inspiring. Being outside is wonderful after being inside all day and cooped up all winter.
- ❖ I am taking what extra time I have between work and homework to teach myself a new language. In this case, Russian.
- ❖ When I get off work, right now I take my dogs for a walk. After that I cook dinner with my son, and make sure that he doesn't have any questions about his current schoolwork. Then I eat with my family and catch some anime with my husband.
- ❖ FaceTime with family members

- ❖ Playing with my dogs and enjoying the warmer weather
- ❖ I live in Lawrence, so I periodically drive out to Perry Lake and walk and sit near the water. And the drive to get there is really pretty too. Fresh air and the sounds of nature are saving my sanity!
- ❖ Thanks to all in your dept. for everything you're doing for us, it's definitely appreciated, and helpful!
- ❖ Singing songs and rewriting lyrics
- ❖ Watercolor Painting and Paint by Number
- ❖ Continuously building puzzles and gluing them for display!
- ❖ Starting each day with bible reading and prayer, worship
- ❖ Focusing all my energy on the goodness and kindness that is stemming from our current crisis.
- ❖ Walking my pups around the block while waving to my neighbors! (from 6 feet away of course)
- ❖ Going for walks with my dog
- ❖ I am keeping busy at work helping providers with whatever we can to make the virtual appointments work smoothly for the patients!
- ❖ Initiating and encouraging the Philippine Nurses Association of Greater Kansas City (non-profit organization) to allocate some funds to help struggling healthcare personnel in the Philippines to obtain some PPE for their facility.
- ❖ Watching live eagle nest cam
- ❖ Walking my dog
- ❖ Spending time outside - doing a lot of yard work.
- ❖ Teaching my kids money!! We set up a Stebens family concession stand and outside of normal meals and snacks they can purchase items from the concession stand. We have incorporated a token system for electronic time and made that an incentive as well. They get \$5 a day; they must pay \$1 in rent and save 10% of their earnings. It has been so fun to see them learn and grow with a fun activity 😊.
- ❖ Journaling and writing down 5 things I'm grateful for each morning.
- ❖ Getting outside for a walk and/or to play with my son each day to enjoy the fresh air and sunshine!
- ❖ Running on my treadmill every day
- ❖ Trying out new recipes and cooking every day!
- ❖ We are sending letters to our friends and relatives to brighten their day but also to practice writing!
- ❖ Spending more time with my dog. Normally my busy schedule limits our time together but lately we have had a lot of time to play in the back yard and enjoy the nice weather. This has brightened both of our spirits!
- ❖ I've been having full on concerts in my car on my way to work each morning! it may sound silly, but it truly lifts my spirits up before work. It's such a scary time in the hospital right now and everyone's moods aren't

the best right now so that's one thing I do for myself to make sure I'm still the same positive Lex I was before this virus outbreak.

- ❖ Family game night is finally a thing now!
- ❖ I work on a COVID rule out unit and I am so happy to see my team each day. Despite the chaos that exists in the world surrounding this virus, I get to work with incredible people who stick it out each day. They don't question the work they are doing or why they must be here, they come in ready to work and care for our patients and support each other along the way. This makes me so proud and happy to be a part of such a fantastic team.
- ❖ Working from home of course! With a furry little co-worker by my side named Norman. Occasionally he tries to knock my coffee cup off the desk but overall, he's a pretty good team member.
- ❖ Exercising and spending time outside with my puppies and family members!
- ❖ My leadership team and I made a fun video about using finger guns instead of shaking, hugging, high-fiving and sent it out to the teams for a good laugh.
- ❖ One thing I am currently doing that brings me daily joy and happiness is spending more quality time with me daughter. These moments are priceless.
- ❖ I am learning new creative ways to get my physical activity in. I've been able to explore different online Yoga classes as well as other aerobic exercises from home. These help me stay both mentally and physically happy and healthy.
- ❖ I am helping my neighbor who is elderly with meals and just making sure she is ok. That brings me happiness to help others.
- ❖ Running the trails, taking time to reflect on one good thing each day and snuggling my pups!
- ❖ I FaceTime my mom every day. She and I are not able to see each other during this situation because is 67 years old with some health issues and I am working on unit 64 which is a unit for potential Coronavirus patients. I don't want my mom to be exposed to this virus, so I FaceTime her to see her and help her fight some of the boredom she experiences! We both really enjoy getting to talk about our days and future!
- ❖ Taking a long walk in the park with my dog and soaking up sunshine :)
- ❖ Spending more time with my labradoodle Oreo.
- ❖ I AM SPENDING MORE TIME WITH MY HUSBAND; HE IS NOT WELL AND THE CUT BACK ON HOURS HAS GIVEN ME PRECIOUS TIME WITH HIM. WE MADE BIRDHOUSES ONE DAY THIS WEEK, WHAT FUN THAT WAS. THERE IS ALWAYS SOMETHING GOOD TO COME OUT OF TRYING TIMES.
- ❖ The one thing that I am doing to bring me happiness right now is making phone calls to update our patients here information in patient care and communication tab in snapshot. it allows me to connect with a patient who currently is home bored and possible alone and enjoy a few laughs trying to remember all the doctors they see and the proper way to say the providers names. It's the little things, right?
- ❖ I set up my workstation next to an open window to my backyard. I get to hear the birds and squirrels chattering from start of work to finish. It makes me smile and reminds me why we all need to take care of each other and ourselves right now.
- ❖ Other than working and taking care of patients. I am running errands and getting groceries for people who

can't get out of the home.

- ❖ Spending more time with my family--Cooking meals together, watching movies, playing games, and just hanging out!
- ❖ I have been reminding myself of what I have in my life that bring me joy and taking time to laugh!
- ❖ Working on making the garage into a beach scene, minus sand, since Mexico vacation for birthday is off.
- ❖ Having a healthy family and drinking more water!
- ❖ Playing card games like Exploding Kittens :)
- ❖ ZOOM! I love touching base with my family and friends, some that I haven't talked to in a while. It has brought us all closer.
- ❖ Seeing the RN's on my units working so well together!
- ❖ Taking walks with my toddler- toddlers practice mindfulness way better than adults- to just sit watch a bug crawl through dirt, smell each flower, and watch planes and birds fly in the sky. :)
- ❖ Making sure to intentionally step outside for a few minutes each day to close my eyes and take a deep breath! Whether it be the warm sunshine touching my face, the sounds of the rain or wind or singing birds, or just the smells of spring beginning, it helps me remember that we are all still growing and blooming despite this challenging time.
- ❖ Wanted to support our local restaurants, as they are struggling...so I ordered lunch for staff.
- ❖ Taking my dog on walks, getting fresh air, and escaping social media and the hype among us.
- ❖ Face timing with my Granddaughter Bella.
- ❖ Playing outside and baking with my kids and spouse. Cleaning and organizing our home.
- ❖ Playing with my 9-month-old little boy :)
- ❖ Today I made homemade cinnamon rolls for the first time, and opened my deck door to let fresh air in and watch the birds.
- ❖ I am taking time to enjoy my family in a slower-paced atmosphere. Taking walks and spending time in the backyard to play with my kids
- ❖ Praying and trusting God to heal our land. Putting a smile on my face and coming to work knowing that I help make a difference.
- ❖ Face timing with my family, that I am unable to see. and going outside for walks and gardening.
- ❖ My coworkers and I are sending each other pictures of our pets!
- ❖ Taking a walk outside daily
- ❖ Smoking ribs
- ❖ Crocheting a baby blanket for my Great Niece. It is with Bernat velvet pink and rose yarn with a "puffy cloud stitch". It's going to be so awesome. It will be so female and feminine her mom will love it. I go home every night and strip down, throw my clothes in the washer, shower put on clean clothes, eat

dinner, listen to Gabriel Iglesias the comedian, and laugh.

- ❖ Enjoying nature on my days off with my son.
- ❖ I'm getting done o lot of things at home that I have been waiting to do a long time ago. Cleaning mail. Getting rid of clothes that I don't use anymore. Cleaning my daughter's room.
- ❖ My moment of happiness each day is my skype "happy hour" with my family and friends! Each day, we skype in the evenings, enjoy a drink and laugh for a few minutes. It's a wonderful way to stay engage and pass the time!
- ❖ Continuing to work out daily. Virtual meet ups with friends. Enjoying small things like bubbles with my kids.
- ❖ Spending more time with my kids
- ❖ Sitting outside on my deck with my cat while working from home to soak in as much sunshine as possible! spending extra time with my family.
- ❖ To and from work I listen to a podcast on Spotify by the History Chicks. It gives me a break from COVID worries, daily stressors, and politics. I get to learn about extraordinary women who helped shape history and our lives through their challenges, failures, successes, and all the tea about the subject.
- ❖ We are doing Family Facetime with Multiple family members during 1 call; we will probably continue this after everything gets back to normal because we all enjoy it. I am also enjoying hiking new trails in the KC area with friends, of course keeping a safe distance...
- ❖ Just happy to be working :)
- ❖ My family was able to move into our new home with land, so we have been enjoying adventures outside and exploring our land/woods with our kids.
- ❖ Planning my garden
- ❖ Today I am working from home and to support the office person I have logged into Web Phone Manager to see the message the patients leave so that I can get them messages off asap and send them to the Post and Pre Transplant Nurses it give me great joy knowing that they are getting called back because if I left a message for someone I would like a call back in a timely manner so I treat them as I want to be treated. cuddling my youngest Son William
- ❖ I am heading to the lake for the weekend to get away from the city and do some fishing and family time!
- ❖ I dug out my pile of old scrapbooking papers and supplies and my daughter and I are having fun using them for crafts. I never thought that I'd use all this stuff again! She loves all the printed papers and stickers and its fun spending time together that doesn't involve a screen.
- ❖ Spending extra time with my wife, doing puzzles and binge-watching terrible television
- ❖ Getting cuddles from the sweetest little pups ever (I have 3 shih tzus and a lab). I wouldn't know what to do without my babies. They make everything better.
- ❖ I always pray. But at this challenging time, I have been praying even harder. Praying for everyone in this hospital, this city, our country, the whole world. I am praying for the medical staff that work directly with patients and risk their lives fighting this horrible virus and other illnesses and I look forward to better days.

Sincere gratitude and appreciation to all.

- ❖ Honestly, I've been working from home which is hectic, since I have my husband, daughter and dogs here. The one thing during this time though to find happiness in it all, is making lunch and eating with them. This little gesture is something we wouldn't do together during the week.
- ❖ Playing outside with my 2-year-old son
- ❖ Every day I take my dog for a long walk so we're both able to get out of the house, enjoy the fresh air, and maintain our fitness!
- ❖ Spending quality (face)time with my family that I haven't done in years
- ❖ Baking chocolate chip peanut butter cookies
- ❖ I am taking an hour each day to read a book. It has been helpful to get away from screens since we are so overloaded with COVID information from social media, e-mail, TV, and radio.
- ❖ After a long day of work and stripping down at the front door, my greatest happiness comes from reading and being surrounded by my beloved dog, Milo.
- ❖ In our neighborhood, everyone puts stuffed bears in their windows and the kids can walk around and go on a "bear hunt." This is something fun the kids can do that gets them outside, yet they can do it while socially isolating themselves from others :) We also write encouraging messages in sidewalk chalk along our walking path in the neighborhood. Trying to make the best of it!
- ❖ Taking walks with my kids.
- ❖ I find myself spending more time with family right now, considering the state of the world. I am so happy for the opportunity to feel closer to them and glad that there is hope and "good" that has come from COVID-19.
- ❖ Going on daily walks with my family
- ❖ Applied and received a \$2000.00 grant to provide Free educational material for my fellow co-workers to work towards other certifications in our field.
- ❖ When I am not at work, I am trying new homemade recipes, like homemade Italian bread and Naan bread! I also do home strength workouts to relieve stress and stay in shape.
- ❖ I am working from home. Would rather be in the office but as I work from home on the computer, my little dog is right at my side. I love being home with her.
- ❖ Riding by exercise bike at the end of the day to clear my mind. Having dinner with my family.
- ❖ Using the Ten Percent app--they have currently made it free for healthcare providers.
- ❖ I have more time to spend reading books I've meant to read for years. Reading outside in the fresh air and sunshine brings me happiness.
- ❖ TRYING to teach my dog a trick.
- ❖ Finally completing home projects and have been looking at, some for years!
- ❖ Doing yoga each day with my six-year-old.

- ❖ Laughing often
- ❖ Praying for other people. Prayer brings me happiness. I talk to many patients each week newly discharged from inpatient care. Patients struggle with adjusting to their return home after a hospital discharge. Each patient deserves to be prayed for. It takes seconds to ask for blessings and optimal healing for each patient and those who care for them when I hang up the phone. Sometimes I will wake in the night and think of a patient I had spoken with in the last week, months, or even year. I pray for the patient to have their primary needs met for peace and good health.
- ❖ Exercising more and focusing on a healthy diet. A lot of reading and listening to audio books. And as always spending time with my 4-legged babies for extra snuggle time :)
- ❖ I have started a new workout routine learning Yoga!!
- ❖ Helping my kindergartner learn different things that he struggles with during the school year!
- ❖ My job. It may sound silly, but I love my job. I got in to nursing because caring for others and providing a sense of comfort and security to them make me happy. So, doing my job is a little selfish I do it to make myself happy. What a joy to do something I truly love every day.
- ❖ Working
- ❖ Facetiming with my grandchildren.
- ❖ Spending time with my family when I get home from work. I love playing with my 8-month-old son and seeing him explore and learn something new everyday
- ❖ Exercising
- ❖ I've been connecting with friends via phone and face time more lately and catching up with those I haven't talked to in a while. Also, sweatpants. Sweatpants for days and sweatpants make me happy. :)
- ❖ Family games nights and dinner.
- ❖ Reading and exercise.
- ❖ Spending time reading.
- ❖ Working from home yet still taking care of my patients through the Internet - wow! Brings me joy!
- ❖ Zoom calls with my family
- ❖ Cuddling my kitty cat, Buddy!
- ❖ Reading a book
- ❖ Taking walks with my puppies and LOTS of eBooks!! :)
- ❖ I have been writing inspirational/spiritual letters decorated with stickers and delivering them to the doorsteps of the people in my church, along with a rose or carnation, in order to shine some light in these crazy times. It makes me happy to be able to give to others and share joy, while practicing social distancing.
- ❖ 30-day yoga program
- ❖ Utilizing free fitness apps to exercise!

- ❖ Talking to family on phone
- ❖ Organizing a Facebook group to make free homemade face masks with HEPA filters for staff working in LTC and developmental disability facilities without any access to masks. Doing my part to try and keep these vulnerable folks out of the hospital.
- ❖ Having our team submit "work appropriate" memes and sending them out in a daily email to the team. There have been some great ones!
- ❖ Sitting with my laptop on my couch with the front door opened enjoying some sunshine while I work.
- ❖ I talk about things that make me happy with anyone that will listen! I talk about my funny pets, past and present, my sister's new baby, my dad who is a walking joke book, squirrels stealing food from my bird feeders at home, and funny memories that have happened in clinic since I started at KU 3 years ago. Laughing makes people feel good! It has healing powers.
- ❖ Exercising with my family!
- ❖ Our neighborhood is doing a Front Window Display Tour! So, I print coloring pages (i.e., hearts, flowers, etc.) then color with my son, then have him help me put them up in the window for folks to "I spy" on their walks!
- ❖ I am very grateful that I can work from home and able to connect distantly with our patients, give them all the supports in this difficulty time. Last night, I started making fabric masks and planning to share with my coworkers or patients that need it. Thank you to all IT personnel, they all have been working as hard as healthcare people to support us so we can delivery our cares to patient most needed.
- ❖ Long overdue house repairs and interior painting as a whole family!!
- ❖ Making time to play outdoors with my family! chalk art, bubbles, and playing ball with the dog. Chores can wait, enjoy life right now!
- ❖ Starting and stopping at moments throughout the day to acknowledge the small things I am grateful for and normally ignore. This could be as simple as a cup of coffee or a FaceTime chat with an old friend. My roommate has been writing hers on a calendar to look back at the end of the month.
- ❖ Playing Animal Crossing New Horizon online with friends when off work.
- ❖ I am working for my nurses caring for these patients we are learning so much about. If I can be there to support and bring them up, then it makes my heart happy.
- ❖ With all the separation going on in this world right now, I have connected with so many family members and old friends to make sure everyone is staying safe. Facetiming and Zooming with my loved ones have brought me more happiness than anything during these trying times.
- ❖ I am taking 1-2 hours to play outside with my daughter each day
- ❖ Making board games with my kids
- ❖ I recently joined a singles group and made a lot of friends. There are about 5 of us that work in healthcare. We have a group Facebook message that includes us and about 10 other friends. We all get in there and chat, support each other, tell jokes and sometimes have a group Facetime. It's fun and helps those of us in the group that are in healthcare de-stress. It's great having friends that support your heart and well-being.

- ❖ I surround myself with good people who make me feel great who love me and take care of me and give me positive energy. I know that even through the toughest times I will always be supported.
- ❖
- ❖ Baking Bread and cookies to give to friends
- ❖ I have been running in the early mornings before work to get some fresh air, exercise, and start the day off stress free! :)
- ❖ Spin classes
- ❖ Yoga
- ❖ Walking my dog and spending extra time with my husband!
- ❖ I am hugging my boys (after decontamination), wrestling with them, playing catch, building towers, reading books and trying to focus on them and my wife when I get home. It's the best distraction from the stressful world events.
- ❖ Walking my dog to get fresh air and exercise
- ❖ Being able to spend time with my family and being able to sleep for 8 hours every night.
- ❖ I have started a fresh half marathon training plan! I have not been focusing on my running much and now I am able to restart training and hopefully increase my future speeds with going outside as one of the only activities.
- ❖ Enjoying music with my daughter and nephews.
- ❖ Feeling my baby kick and move around in my belly!! It is a pleasant reminder to enjoy the little things in life.
- ❖ Snuggling with my fur babies (3 dogs and 1 cat) and my husband
- ❖ Lots of Zumba and online dance classes!
- ❖ I've been singing around my house a lot more than usual. Anything and everything go, even if the song is completely out of my singing range. My husband who is working from home has picked up on it too. We will hear each other throughout the house just belting whatever pops in our head.
- ❖ Laughing and joking with my coworkers
- ❖ It may sound a little crazy, but as I have been helping to maintain the temperature stations, it has made me happy to encourage and thank staff who are on the front lines as well as bringing supplies they need. I was bummed that my gym closed but I am keeping up cardio with an unbelievable step count as I visit all the temp stations, so that makes me happy too!
- ❖ Right now, I am taking daily walks to the creek with my kids to look for frogs and snakes! They get so happy when we see them!
- ❖ Taking my dog on a walk and seeing the beautiful daffodils and hyacinths!
- ❖ I am having weekly Zoom meetings with friends from across the U.S. that I have met on trips abroad.
- ❖ Long breaths as needed, several times a day.
- ❖ Meditating and finding inner peace. Praying and reading motivational scriptures. Counting my blessings daily.

- ❖ Being able to come to work and still take care of my patient in the best safe atmosphere possible.
- ❖ Sharing a virtual conversation with someone in the field that I know in a department that I support. Just knowing that even though I work remotely I can still help during this difficult time brings me happiness.
- ❖ Taking a daily walk with my family. Using our extra time to show our three-year-old some of the beautiful things in the world. Walking slowly, talking about the sounds of the birds, touching the moss on the trees, and looking at the flowers starting to bloom. Small reminders that the cycle of life continues despite hardships!
- ❖ Each night my husband and I spend time together with our daughter - either playing outside, or playing board games inside
- ❖ Facetiming my family and friends!
- ❖ Taking walks in our field with my kids and dogs and finding cool things they never pay attention to
- ❖ Running, even though all my races have been canceled or postponed, I'm still completing the virtual races & keeping up with my training.
- ❖ Planning my wedding for 10-10-20
- ❖ Taking my dog for a walk when it's nice out!
- ❖ I'm currently working from home, and my 3 boys are home from school. Once I finish my work which usually is around 4:30pm, have been going to play with my Kids outside or take a walk with my husband and the boys. This would not happen regularly if I was working onsite as by the time, I get home, it's usually late and already time to prepare dinner or complete a task that didn't get done earlier the day. So is really bringing me a lot of happiness
- ❖ Just spending time with my family.
- ❖ Running outside, which is great for both my physical and mental health during these challenging times.
- ❖ In the evenings when I get home from work, I go on a run through my neighborhood while my children ride their bikes. It's so fun to pass our neighbors walking their dogs or with their kids and say hi to these familiar faces, especially when the kids see someone they recognize from the school. :-)
- ❖ Walking my dogs every day!
- ❖ I am making everyone in our building smile, no matter what. We will get through this together, ok, maybe not by dancing in the hall, terribly I might add, but we will. I am also volunteering to help all our nurses with scheduling tele patients, it helps take a few things off their plates.
- ❖ I read a social media post the other day that set up a futuristic story of a family looking back at this period. My generation were grandparents, and our children were adults. As my generation reflected on how stressed, exhausted, and anxious we all were, our children had memories of family dinners, board games, quality time and togetherness. I think about that every day while I'm clocking out of work (from home). What wonderful memory can I give my children today? What small effort that I put out, like letting them eat ice cream for breakfast, will they remember 20 years from now. Planning ONE thing each day that bring my children joy is what is keeping me happy right now. It is a beautiful thing to focus on.

- ❖ I am focusing on the things that I have to be grateful down to the simplest things (my home, more than enough food to eat, clean water to drink) to bigger things (like KU being so careful with the safety of their employees and allowing as many people to work from the safety of their own home as possible).
- ❖ Expressing gratitude to everyone that I communicate with via email not only will hopefully brighten their day but helps retrain my brain to be grateful/joyful/happy during these uncertain times.
- ❖ Elaborate skin care routine that I normally do not have time for!
- ❖ I woke up every day! And say my prayers! And then I get ready for work! And I eat cakes and cookies everyday!!!!
- ❖ Still being able to come to work
- ❖ Snuggling up with my dogs!
- ❖ One thing that brings me joy is small house projects (learned from my dad, a professional carpenter). I'm fitting in projects between parenting and work. This week I've been remodeling my front porch.
- ❖ Taking time to make phone and video calls with friends and family to help encourage and foster relationships during this challenging time.
- ❖ Practicing getting back into old hobbies a few hours a day.
- ❖ Spending time with my children and learning how to help them homeschool. While it is stressful, I feel like what I should be doing as a mother is taking a step back from other responsibilities and embracing the 1:1 time I am spending with each of them!!
- ❖ The one thing I am doing right now that brings me happiness is spending more time with my family and most importantly taking the time together to create memories and pray.
- ❖ I am teaching my niece and nephew a bit of science over Zoom. I teach them about a new animal each day. We are going through the alphabet and just finished with Cheetah today. Each lesson is followed by a fun activity that incorporates something interesting about that animal!
- ❖ Running outside
- ❖ Playing with my Corgis, Pinot Noir and Maverick, every evening when I get home from work
- ❖ I'm taking time to practice a lot of "self-love," so doing things I always put off because I was busy. drawing and comic writing right now has been a great outlet for me. Most of them are self-portraits of things I should tell myself. Things like "you are important, and your input is valued," or simply "quit contemplating things and just eat the donut."
- ❖ Taking care of my infant daughter brings me happiness during this crazy time! I am an FNP student and like all students, my clinicals have been postponed at this time. I now have two extra days a week at home with my precious girl. No this is not how I wanted to get extra time with her, however, I am soaking up all the extra cuddles right now and trying to keep her healthy and safe!
- ❖ I am trying to spend a lot of quality time with my children (2year old twins and 4-year-old single) rather it is drawing/coloring, going for a long walk when its nice out or plying in the fort my husband built for them! Lots of hugs, kisses and snuggles :)
- ❖ Riding my Bicycle, I live in the country so social distance is not a problem.

- ❖ Calling all family, friends and any individuals that are at risk for the virus reminding them to take their temperature, cover their cough and if they need items from the store go get it for them to keep them safe.
- ❖ Yoga/Meditation
- ❖ Walking my dog, while maintaining social distancing. And smiling to those I pass by in the street.
- ❖ Finding creative ways to connect with and support my patients who can't come into clinic
- ❖ I am a single mom of a teenage son. We have been cooking dinner together. When the weather has been nice, going for long walks. getting out of the apartment is essential for both of us to try to do the things we have been doing as much as possible. :)
- ❖ Well I am grateful to be working, but on downtime I am thankful for technology and facetime so I can still see family through all of this.
- ❖ This Saturday 3-28-20 my family and I are going to have a virtual day at Disney World and the Kennedy Space Center. (in door time) then a family walk with our puppy Lucky! Making the best of the situation! Quality family time! Everyone please stays safe!
- ❖ I listen to master artists giving the gift of their musical talent to reach out, play and share with all of us. I watch all living things passing by and I smile...chipmunks, bunnies, birds, fish, dogs, etc.
- ❖ I am learning to play the violin! My 14-year-old daughter is teaching me. She is learning to play the piano right now(self-teaching).
- ❖ Yoga with my 3-year-old
- ❖ I adopted a dog two weeks ago and we are going to twice a day long walk!
- ❖ I'd say what brings me happiness right now is being able to still come to work and help. Even if it's just helping at the temperature stations, I like the feeling I'm somehow making a difference. It brings be joy when patients or even other employees say that the stations make them feel safer. And I just happy to be working because I know a lot of people are not during this time.
- ❖ Staying at home with loved one and eating healthy Food.
- ❖ Playing board games with my boyfriend
- ❖ Doing fun workouts (palates) with some music with coworkers in the ED while we wait for patients to come in our new Forward triage isolation area! (Of course, we stop before patients arrive) ;)
- ❖ Taking time to enjoy nature. Listening to the singing of the birds and croaking of the frogs, watching the squirrels running through the yard. Hoping that after this crisis we as humans not only come closer as people but we also appreciate the beautiful non-human creatures in our world.
- ❖ My husband and I take our cat Madison for car rides.
- ❖ Working. Being able to take care of people at work and take care of my family at home by working hard every day.
- ❖ With school out I've gotten to spend a lot more time with my 6 & 7-year-old!
- ❖ Spending more time with my son since I'm going through a divorce.

- ❖ Spending valuable time and making memories with my family! It's a rarity to have everyone under the same roof at the same time. After work, we make dinner together, play games, laugh and make memories together! This has truly been everything we need to take the stress out of what is going on in the world.
- ❖ Spending time in my yard & garden; son here visiting and helping with tree removal. Able to do this while keeping "social distance" but getting fresh air & feeling productive.
- ❖ Home workouts on You Tube.
- ❖ Starting my new career path making a difference in patients who really need it right now in this time. Nothing makes me feel more joy than being able to tell a scared worried patient that everything is going to be okay and we are here for them.
- ❖ Cooking
- ❖ Making the most of family time and just enjoying the sound of my children playing, giggling, and telling me that they love me.
- ❖ Getting up early enough before work to have time to read some life-giving verses in the Bible and meditate on them. Also, playing with my 4 and 6 yr. old granddaughters who live with us- seeing them race down our dead- end street on big wheel and bike makes me laugh out loud.
- ❖ Spending more and more time outside with my kids. My oldest learned how to ride his bike with no training wheels and I am so excited for him!
- ❖ I went home last night and totally cleared my environment of the current crisis. Pulled out a rake and cleared out my flower beds, taking in the new life that was coming up below those leaves. Always a joyful season for me, New Life :)
- ❖ Spending time outside with my little one.
- ❖ One thing that has brought me happiness is the team building that has begun in my department, who knew it would take a crises to help bring people together and work together to achieve the same goal that is to give our patients the very best care they deserve. I have been coming to work every day with excitement and happiness of being able to work with my fellow teammates and knowing that we all matter, and we stand together no matter if you're a medical assistant, nurse, admin, or management.
- ❖ I am trying to call or FaceTime my niece and nephews to bring much needed smiles into each other's day!
- ❖ I am a temperature screener @ ICC. Front/Dock areas of the hospital. It's a rewarding feeling that I can be frontline for the safety of patients/employees.
- ❖ I am bringing my positive attitude with a teamwork approach to work each day to try to bring some sort of goodness to the day.
- ❖ Each morning I wake up and say my prayers for protection. Then I take a selfie, because whether on the front lines or behind the scenes we are all "essential" employees coming to work every day to make a difference in our patients lives. Then I call my grandmother on the phone so I can bring her happiness as well.
- ❖ I have joined an online accountability group where we check in every day with each other and share at least one good thing that happened in our day to spread positive news.
- ❖ Myself and my daughters take a chunk of time each day to spend together with no electronics and just talk.

- ❖ I am going for walks alone down around the road/loop that encircles the downtown airport. Being outside, watching the planes take off and land overhead, and seeing the beautiful skyline on each walk is so refreshing.
- ❖ Yoga at home :)
- ❖ The things that are currently bringing me happiness right now is trying to consider creative ways to support others from a distance. By doing these things for others, it makes me focus less on my own internal stress and worries. I also have loved doing fun projects with my kids as we are now spending so much more time together at home.
- ❖ Taking this time to spend a lot of quality time with my kids and creating new indoor activities for us to do. Also doing yoga and at homework outs have eased the anxiety that may arise from this chaotic time.
- ❖ I am planting a pumpkin patch in my backyard, with my daughter this weekend because she wants to have a pumpkin patch birthday party' in the fall. Then, all her friends, (she is 3) can pick a pumpkin to bring home.
- ❖ I am trying meditation and teaching my children the same. It's a great time to be home and focus on being mindful and still when everything is chaotic around us.
- ❖ Keeping in contact with my friends/support system by video chat daily.
- ❖ I moved up my wedding from July to TOMORROW and we are live streaming it so friends and family everywhere can share in our love! #LoveConquersCOVID
- ❖ Appreciating life everyday
- ❖ Working from home, while giving my dog a tummy massage with the windows open. Today is a beautiful day!
- ❖ Regularly riding my peloton bike. It clears my head and lets me start my day refreshed!
- ❖ Restoring my faith, enjoying the little things in everyday life. Playing with my kids and being more involved in family time.
- ❖ Reading on my Kindle
- ❖ Every day I am getting outside and taking a 20-30-minute walk, regardless of the weather. It lets me forget about what is going on, see that Spring is coming, and I get to enjoy the green and the colors.
- ❖ Taking long walks with my dog. Gets me outside, exercising, clearing my mind, and spending time with my dog always makes me happy!
- ❖ Having group chats with my family - daughters, parents, sisters and nephews. Just checking to make sure everyone is doing okay.
- ❖ Planting Flowers from seed packets to share with everyone :)
- ❖ Prayer - Drawing close to God and throwing my burdens and anxiety on him...
- ❖ Sewing masks for my coworkers at home with many bright colors
- ❖ Listening to podcasts, walking my dog!
- ❖ Listening to Dr. Charles Stanley's daily devotions every day.

- ❖ Spending lots of extra time with my husband and my 2-year-old and 7-month-old boys at home! :)
- ❖ Sharing videos and pics with family and friends that I can't be with right now
- ❖ Spending quality time with my children. Cooking 3 meals a day for my family is amazing. I am thankful to still be able to work and enjoy my family time!
- ❖ Walking my grand dog
- ❖ Spending time with my one-year old daughter
- ❖ I am spending more time with my family. Every day we are taking our dog on long walks and enjoying the spring weather!
- ❖ Face Timing or calling all our family and friends to see their faces and keep up on everything going on in their life!
- ❖ Exercising to clear my mind and feel better. Calling patients with normal covid results and listening to them feel relieved, makes me happy
- ❖ My husband David and I both work for the Health System and have not been able to see our grandchildren for several weeks. We are scheduling FaceTime reading sessions before their bedtime so we can still read them their favorite books.
- ❖ Playing cello.
- ❖ Keeping in contact with all my friends by phone or virtual to make me laugh!
- ❖ Playing outdoors and getting fresh air when the weather is warm, Spending more time with the kids, and
- ❖ Being there for support for my Co-workers (checking up on them).
- ❖ Seeing our patient's being taken care of.
- ❖ Playing with my daughter who is a toddler. Walking my dogs Reading books
- ❖ I am taking time to read for fun and learning how to cook different meals that I have always said I did not have time for!
- ❖ Trying to solve funny riddles.
- ❖ We are fostering a rescue dog
- ❖ Taking my dogs on walks
- ❖ Taking this time to organize and sort through all my closets. Cleaning makes me happy!
- ❖ Spending more time with my dog who just had cancer surgery!
- ❖ Riding my motorcycle and playing outside with my kids
- ❖ My family and I are spending more time together, talking more, and just enjoying each other's company.
- ❖ I am staying in contact with friends and family via texts and phone calls.
- ❖ Our office is trying to do something every day to bring happiness to the staff. Yesterday we wore jeans and a

fun (work appropriate) t-shirt. Today we all ordered delivery CHEESECAKE FACTORY CHEESECAKE !! yummy!

- ❖ Spending lots of quality time with my kiddos and making sure to be active for a period each day.
- ❖ Praying with my family and spending much needed down time with my kids
- ❖ Listening to music while I chart, eating chocolate!
- ❖ Being able to still make a difference in people's lives during this unfortunate time.
- ❖ Spending time with our Daughter who is home from college.
- ❖ Helping bring relief to patients that are in severe pain
- ❖ Training for a half marathon
- ❖ Spending quality time with my husband and dogs while being in quarantine