

To Do After the Pandemic is Over

stay healthy!

- Don't take my health for granted.
- Stay in good physical health and use proper hygiene.
- Continue properly washing my hands!
- Get enough sleep.
- Take more walks.

Have good relationships!

- When a kind thought about somebody pops into my head, don't stop myself from saying it to them.
- Don't leave important things unsaid.
- Reach out to people I don't normally talk to.
- Share my life and experiences with the older people at church.
- Get to know our neighbors.
- Call/FaceTime my friends and loved ones I can't see in person—don't just text!
- Smile and be friendly to people just because.
- Don't take my parents or grandparents for granted—write to them more often.
- Maintain a close relationship with God.

serve more!

- Remember the shut-ins and write to them, call them or visit them.
- sacrifice my time, energy and resources to help my community.
- Be mindful of how my choices and actions may affect others.
- make extra time to help others, especially the elderly and needy.
- say thank you even (especially!) for the little things people do for me. It might have been a big thing to them.

value the right things

- Allow myself to like what I like—don't be embarrassed by what others think is "cool" or what I'm "supposed" to like.
- Discern what's truly important, from the high perspective of life in the long haul: God, family, meaningful relationships.
- Don't take my health or other material blessings like reliable transportation, employment, an education, a warm home in the winter, etc. for granted.
- Learn to enjoy the "boring" parts of public life—errands, shopping trips, picking up or being picked up from school, etc.
- Be grateful for church services!

Improve myself and use wisdom!

- Read more, watch less.
- Dress up.
- Don't save my nice things for "special occasions" that never come.
- Think ahead and plan for hard times; save a cushion, be wise with my resources; have a plan for what I'll do in an emergency.
- Remember what Mr. Rogers said: "Look for the helpers. There's always someone helping."
- Reevaluate my priorities and values according to God's Word.
- Be a little more aware of what is happening around the world.
- Model the behavior I want to see in others.
- Use this crisis as a motivation to change directions toward God and/or away from negative influences in my life.
- Achieve something I've postponed doing for years.
- Don't let up on my prayers once the worst of the crisis is over.
- Be adaptable when I face uncertain times.