

March 4, 2021 N&N Meeting Discussion Questions

In the spirit of “positive thinking”:

Focused discussion questions – food for thought toward a discussion on how we can share experiences from the past year’s isolation (which may continue for a good portion of this year). How can we help each other?

What (if any) positive outcomes have come from the isolation of this past year?

Do you think quarantine has permanently changed your lifestyle (even if just a bit)?

Have you started any new hobbies/activities this past year that you may not have had time for in the past? Will you continue with them after we return to more normal conditions?

Has the past year forced you to master "zoom", "facetime" etc.

Were your New Year’s resolutions significantly different this year?

Have you been vaccinated yet? If so, has it changed any of your behavior?

What changes might you make once you are vaccinated?

Do you have pets? If so, have they helped you cope?

When do you plan/hope to travel again?

Did you purchase any new equipment or tool that you wouldn’t have if not for your changed lifestyle?

Did you make any new, or renewed, connections? Are you more comfortable making long distance connections?

Did you take any online classes that you’d recommend?

What were the best diversions you discovered this year?

Do you have any coping techniques that you’d share? What worked best for you? What is your silliest coping mechanism?

Did quarantine cause changes to your “bucket list”?

Has anyone noticed that phone calls have become longer?

Have the vagaries of Corona virus times caused you to become more flexible? Do you cope with change differently?

Have you tried new recipes to spice things up a bit?