



COVID Reflections: Finding the Good

by Doug Zlatin, Community Wellness Committee

This is the second installment of a series of monthly wellness focused articles from the Falmouth Community Wellness Committee. More information about the committee is available on the [committee's webpage](#).

The COVID-19 pandemic was a long and difficult ordeal. It affected our lives in profound ways and severely tested our ability to cope. But Falmouth is a community of strong believers in finding the good, not only to salvage value from great adversity, but also to grow through the hardship. Mental health experts have long known that our most difficult challenges are often those we learn the most from, and, in retrospect, find our lives changed by, sometimes immeasurably for the better.

As we (finally!) return to what feels like “normal,” let’s reflect on a few positives that came out of the last two years:

- Slowed the daily pace of our lives down
- Learned who and what matters most to us
- Spent more quality time with our families and the people we love
- Realized - in a new way - not to take those connections for granted
- Adopted (more) pets
- Spent more time outdoors doing recreational activities or planting gardens
- Exercised more
- Enjoyed the convenience of curb-side pick-ups
- Gained new appreciation for the value of our brave, essential workers
- Had fewer winter colds and flu
- Read more books, played more games, and did more puzzles
- Spent more time in the kitchen
- Became more conscious of ourselves as part of a community pulling together
- Attended concerts, meetings, services, and other events from the safety and comfort of home
- Reimagined our workplace, performed duties remotely and enjoyed more flexible schedules
- Maybe switched careers to a more fulfilling line of work... or maybe retired early
- Enjoyed more widespread tele-medicine making medical care more accessible to many

This list is by no means exhaustive. Readers can easily add to it. The Committee thought it was a good way to highlight resilience – that aspect of wellness that taps our ability to adapt to difficult situations and find ways within those challenges to grow and prosper. COVID-19 certainly provided us with opportunities! Let’s make the most of them.

The Community Wellness Committee is looking for committed energetic volunteers that might enjoy event planning, along with many other fun inspiring ideas to spread opportunities to choose wellness. Falmouth High School students are encouraged to apply. [Click here for an application.](#)