

What's good about this?

I have eyes that see,
legs that walk,
a heart that beats
and lungs that breathe -
without me having to direct
any of these!

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What's good about this?

I can hear laughter, my
favourite music, my loved
ones' words and all the
sounds in nature . . .

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What's good about this?

*I celebrate all the amazing
people who are coming
together at this challenging
time -
and for where unity has
replaced division*

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What's good about this?

Of course there's lots that's wrong and cruel and unjust. I realise if I focus on this I don't change it and I just feel bad.

There's also lots that's right and good and fair. I realise if I focus on this I can then be in a space to move forward, because I am functioning from different part of my brain.

That feels much better.


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The background of the slide is a soft-focus image of several white flowers with yellow centers, set against a warm gradient of pink and orange. The text is overlaid on the left side of the image.

What's good about this?

The beauty of
nature is still
unfolding
every day

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The background of the slide is a soft-focus image of pink and white flowers, creating a gentle, ethereal atmosphere. The text is centered on the left side of the image.

What's good about this?

I can use this time to find new ways to live,
create new healthier habits, find new ways
to spend time with those in my household,
discover new or old fashioned means of
entertainment - and make this time
meaningful and positive

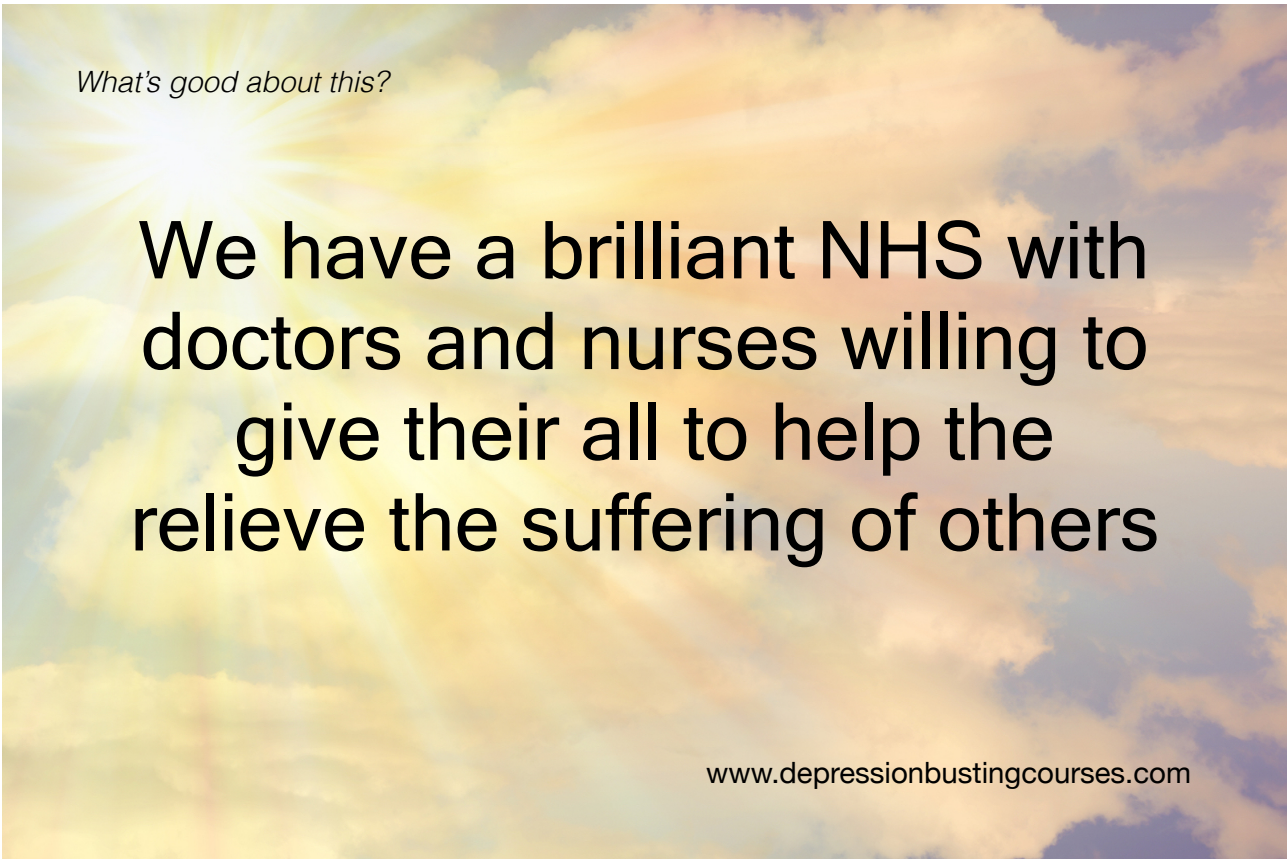
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What's good about this?

**I have extra time
to get some jobs
done - or at least
some preparation**

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What's good about this?

**We have a brilliant NHS with
doctors and nurses willing to
give their all to help the
relieve the suffering of others**

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What's good about this?

*I have internet and
all the entertainment
and resources that
brings . . .*

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What's good about this?

**I have all the people I
care about
and who care about me**

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