



QUARANTINE SURVIVAL WORKBOOK



HAZELCURTIS.COM



WELCOME, FRIEND!

In these trying days of being under rigid quarantine guidelines - social distancing - staying safe by staying home - I worry we can easily slip into sadness, depression and more. Staying home for days on end is not exactly what we thought it would be. I used to wish for a time when I didn't have to "go to work every day-" imagining tea on the patio or reading by the pool - all without guilt or responsibility. Those dreams have gone up in smoke! We have lost jobs, our bank account is dwindling, our kids are home and bored, and life is upside down.

During this time, my goal to inspire you to Release your Passion, Purpose and Power by taking steps to remain positive! This time will pass, and then we will create a new future. My team and I have designed a workbook that will begin to open up your thoughts and attitudes to the future you can create. Starting today! We are here to support you! Never forget **You** are a treasure!

Hazel Curtis

WHAT YOU CAN EXPECT FROM ME

01

CREATIVITY

Unleashing your passion, purpose and power is our motto. When you understand your unique gifts - you can CREATE a LIFE you LOVE

02

PROFESSIONALISM

Our team brings many years in the Healthcare, Education and Speaking Business. We are dedicated to Your Success!

03

TOOLS & COURSES TO SUPPORT YOUR GOALS

Our team is dedicated to crafting tools and designing courses that will provide simple, practical steps to reach your goals!



MY CHECKLIST

*As you complete the homework - recorded your feelings, thoughts, and activities, be sure to come back to this page and check it off!
Experience relief and accomplishment!*

READ OR LISTEN TO A NEW BOOK

CLEAN SOMETHING

LISTEN TO GREAT MUSIC

GET DRESSED

CALL A FRIEND

TRY A NEW RECIPE

CELEBRATE GREAT WOMEN &
THE WOMEN YOU COME FROM

PUT ON MAKE-UP & FIX YOUR
HAIR

TAKE A WALK & SEE NATURE

UNPLUG

TREAT YOUR BODY WELL

PLANT SOMETHING

MOVE YOURSELF

STEPS TO FLOURISH IN QUARANTINE



*Taking a daily step to keeping your spirits up, to exploring your creativity, and imagining a new future -- will allow you to FLOURISH during this challenging time!
Please join me in activating a bold plan!*

1

READ OR LISTEN TO A NEW BOOK

Only two things change the course and direction of your life – first, the books you read and second the people you hang out with. It is important to choose wisely – both in friendships and books. With our current social distancing – I recommend a great read! Of course, today I will recommend, “Lessons of the Cards” this book was written primarily for healthcare providers, but it is equally appropriate to anyone who works for and with the medical teams as well as anyone who gets help from a medical team. SO Today – buy 2 – one for yourself and one to give as a gift to a favorite doctor, nurse, dentist, therapist, clinician or friend! After you read the book, please, please let me know your favorite lesson and where you have used it in the past. List below the books you've read!

2

LISTEN TO GREAT MUSIC

We cannot change our feelings; however, we can choose our behavior and our behavior ultimately informs our feeling! OK – that is a bit of a mind bender – but what else do you have to do today except to stay home and ruminate on this! Trust me, it works.

Right now, select music that reflects exactly how you are feeling. Listen and feel it in your soul for 15 minutes. After 15 minutes, switch it up to the behavior and feelings you are really wishing you could have and move with it for 30-45 minutes. How are you doing? This works whether you want to move toward calmness and less anxiety! It also works if you want to lift your mood toward positive energy and happiness! Reply and let me know how it worked. What music did you start and end with and how are you feeling? Write a sentence about the experience.

3

CALL A FRIEND

I know we are unable to go visit our friends and family. Wow, that is tremendously tough on me, the social animal. If I am not connected, I start to wither away. There is only so much cleaning and cooking and crafting I can do until I start going wacko! Here is my proposal Stop texting. It is very flat – only captures one dimension of communication. It is simply words, no tone or vocal inflection and certainly no body language! Please pick up the phone and make a call. Make a random CALL of kindness. Call a family member you haven't had time to chat with. I call my mom's sisters and some of my cousins I haven't seen in months! Or call a highschool or college chum – Remembering together good times is so uplifting. I will challenge you to make two calls today. Jot down below - who you called and write one word that summarizes how it felt!

4

CELEBRATE GREAT WOMEN & THE WOMEN YOU COME FROM

Where would we be if it weren't for brave women who made huge sacrifices for the lives we have today? I am so thankful to so many beautiful women who filled themselves with courage, spoke up for their values, started businesses, shared their sagacity, wept with their sisters and created pathways that have changed our world. This week I binge watched Madam C.J. Walker on Netflix. What an amazing lady! It made me remember other amazing women who have directly influenced me. My 4 paternal aunts – incredibly powerful, resourceful first-generation Americans – all college educated, with Aunt Emma spending her entire nursing career in other countries. Wow, I wonder what she would be thinking now with this pandemic. I know she would have simple remedies and would stay round the clock helping her patients find wellness and hope. What women have profoundly influenced you and why?

5**TAKE A WALK & SEE NATURE**

I've just decided to go to the labyrinth in my town. It is up on a knoll, surrounded by huge lovely trees that whisper with breeze and chimes. There are white roses growing at the edges and as you reach the center, a hush and calm just suddenly appear deep inside. I love stepping onto the first path and asking God and the Universe to speak to me through my single word. Here are some words I've used in the past: Understanding, Peace, Courage, Simplicity, Patience, Clarity, Plenty. As I reach the center, I have the opportunity to sit with my journal and write down what has entered into my mind. It is revealing, encouraging and sometimes filled with "aha" moments. You may not have a labyrinth – so find a path you like. See the trees, smell the air, listen for birds, and think of your word. When you get to the end of the path, find a tree to sit under and let your mind flit about as freely as the birds or butterflies do. Let me know what your word is – and share a random thought with all of us! We are better when we share!

6**TREAT YOUR BODY WELL**

I'd love to tell you to go get a massage, manicure/pedicure, make over of facial – but NO – we are homegirls. No one is out there who is able to open shop and provide this for you. Here's a plan. Fill your tub with wonderful hot water, add some bubble or a bath bomb, light a fragrant candle, select a soothing playlist and just relax. Another option is a foot soak or a facial – followed by all the creams and potions you never have time to use. AHHH! Oh yeah, and don't forget to drink lots of water. Our municipal water districts have great water – you needn't worry if you don't have bottled water – in fact plastic bottles give me the creeps! What is in the plastic, how much junk leaches into the water, how much trash am I truly making, where did the water come from and above all – how old is the water?? If you don't much like the taste of your water, feel free to add a squeeze of lemon, lime, orange – all citrus currently in season. Jot down what you did - repeat as necessary!

7

MOVE YOURSELF

I love Pilates, now the studios and gyms are closed, and I am feeling achy, stiff and sore. Mostly, I ache because I am doing hours of gardening and weeding daily. I understand the weeding provides great exercise, plus with our recent rains, it is easy to pull our weeds. I do this for several hours, but when I get back into the house, my joints and hands are “squealing at me.” In a random scroll through the TV channels, I found all sorts of great Pilates and Yoga instructors providing free routines. Just put on your stretchy duds, lay out your mat, turn on the channel and Voila! – You are moving! If you haven’t found a routine of exercise you like, today is your day – check out YouTube, or other online resources. So many people are providing free tools for you to tap into during our time of cloister. Jot down what you did and how you are feeling!

8

CLEAN SOMETHING

Find one area in your home or room that is begging for your attention. I suggest a closet. Next go get 3 large trash bags and mark one “put away,” another “give away,” and a third, “throw away.” Take absolutely everything out of the closet. Vacuum or sweep the floors. Select only those clothes you truly love to go back into the closet. If there are things you want but that don’t belong in the closet, toss them into “put away.” You may be shocked what has simply crept into the closet that does not belong there. In the give away and throw away bag – be HARSH! Don’t hang on to sentimental pieces believing the “one day I’ll need this.” Don’t keep anything that makes you feel frumpy! Don’t keep anything you haven’t worn in a year. And for pity sakes, do not keep clothes that are not your size – especially if they are too large! If you know your “colors” don’t keep anything that is not within your pallet. As you return your clothes, hang them on great hangers and all going one direction. I know you will not be able to part with a few items for sentimental reasons. I want you to put them on hangers and hook them onto the rod with the hook coming over the back of the rod. If they are still hanging wrongly by next year – you know its been two years since you wore them. It will increase your braveness! When you are all done, take a picture and share – you can even do a before and after --- we will do joyful dance moves with you!

9

GET DRESSED

Have you seen the memes with the Barbie or the giraffe before and after Covid? I know this quarantine is really wearing on all of us. Working from home is probably not a picnic – especially if your children are home from school! Entertainment and a full workload, not so much! The kitchen table or bedroom is not exactly a great office environment! SO now comes extra stress - - -and if you are like me - - - It is so easy feel depressed, get the munchies, and stay in sweats. To perk yourself up, feel positive energy, GET DRESSED UP! Put on your regular work clothes. OK, OK – yes you deserve a bit of a break – so dress down by one level! Leave the high heels in the closet – but at minimum put on nice jeans and a great shirt. Hey, I will allow slippers! Feel the positive flow! During this quarantine, my daughter made a beautiful Easter brunch for her young family. She laid out the platters of food in a manner worthy of Martha Stewart! She insisted that everyone dress nicely! Not only were her pictures fabulous and inspiring; her children are learning valuable lessons. She is teaching them that there are events in life worthy of dressing up! They are also learning that when someone puts a great deal of effort into a lovely meal - using manners and dressing up - show respect for the gift of the meal. Simple courtesies are essential and getting dressed up is a simple courtesy that is both inward and outward. So, what are you wearing tomorrow? Take care my friend!

10**TRY A NEW RECIPE**

So, I went on Etsy and bought a weird little packet of sourdough yeast starter. These little yeast “seeds” are to be treated like a little human, you feed it and stir it every day. After several days I added flour and then with several more hours of prep - Voila - a loaf of sourdough. The yeast now lives in my fridge - still requiring regular feeding. My frustration has been in going to our local grocery stores - NO FLOUR. I hope that means we are all baking something fun. Maybe something that meant a great deal to us when we were children. Passing on our family recipes and telling the stories the memories conjure up in our minds is a wonderful thing. Food is such a part of our family history, good times and warm memories. I encourage you to look through your family recipes and try something you’ve never made. If you don’t have a recipe on hand, call a family member and have her share it with you. My girls and I not only love our family recipes, we are always going on line looking for something new and fun. I love looking through magazines like Southern Living, Real Simple, Sunset or Living. The recipes are inspiring and pretty much fail safe. Going on line and looking for recipes is also really easy. I suggest you look at what you have on hand and using 1 or 2 of your ingredients, do a recipe search. Releasing your creativity in the kitchen can be fun and can include the entire family. Take care my friend!

11**PUT ON MAKE-UP & FIX YOUR HAIR**

When you are “homebound” it is so easy to slide into complacency and just “schlep” around the house! You wear your baggiest sweats, your hair is pulled back in a tight pony-tail, and you are “eyeless!” Maybe you are one of those people blessed with dark, lush eyebrows and dark rimmed, long lashed peepers, but I’m not! Without a little eye makeup, some good moisturizer and a wipe of lipstick, I am rather ghostlike in appearance. With the disappearance of my eyes and face, my mood also loses its ability to be positive and resilient and I just turn “frumpy!” Hair is currently a challenge for many of us. The hairdressers we’ve come to count on are on quarantine orders as well. My hairdresser closed her shop the day before my appointment for a cut. My bangs were out of control, hanging in my eyes. One of the biggest rules of COVID prevention strategies is “DO NOT TOUCH YOUR FACE!” So how do you do that when your bangs or long hair is constantly whipping over your face? Start wacking at your own bangs. I did a pretty fair job. Now to live with the changes in color - someone ventured that by the end of quarantine everyone would know their “true color 😊”

12

UNPLUG

If I watch one more news show, another movie, or play one more online game -- I might just go crazy! Do you feel that way? I surely do. In fact, I've cut way down on the time I spend on social media. It was rewarding to see my iPhone report that last week my time was down by 30%. Too much "bad" news can dampen our spirits and make it very difficult to focus on the blessings and gifts that are right in front of us. Protect yourself, Unplug!

I don't mean for you to unplug from people who matter, from people who build you up, from those who encourage you. I do mean from negativity and pessimism. In my early advice, I encouraged you to make personal phone calls to long lost friends and family. I also encouraged you to write letters. I want you to hold your "people" and family close. Call them, connect with them on social media - but beware - in life there are some folks who are fountains and then there are drains. Watch out - minimize yourself from anyone or anything that "drains you dry!" We are, after all, energy people - and we must regularly plug into our sources of energy and unplug ourselves from people and things that drain us dry! Take care my friend!

13

PLANT SOMETHING

It is spring - and with spring comes a burst of renewal in nature! Be part of the renewal. No matter the size of your apartment, home, or yard - I promise you there is room for one more plant. Especially rewarding in a small space, are succulents or herbs. Its been fun watching my daughter-in-law furnish her home with all kinds of house plants. It harkens me right back to my first apartment - way back in the 70's when house plants were the rage. It is so energizing to see their resurgence fifty years later. There are lots of new ones, but vintage ones are great. Try a Creeping Charlie or a Piggyback plant. Minimum light? Go for prayer plants, snake plants and cast-iron plants. Large space? Try spathiphyllium, fiddle leaf figs, philodendron, and ficus. Garden space? You can't beat a home grown tomato. Sage advice, buy tomato's as a 4 inch plant. Cucumbers, summer squash, eggplant are also good bets to buy already in 4 inch pots - they will flourish!) On the other hand buy seeds for beans, beets, lettuce, radishes, carrots! Unless you have significant space, corn, potatoes, winter squash, watermelon and other melons are probably not for you. So go our - get a pot, put in a seed! You will be amazed at the boost in your mood just from getting your hands into soil, nurturing your new plant baby and watching it flourish. Your soul will flourish too!



MY HOMEWORK

What book or books did you read or listen to? Jot the title and create a journal note listing things you discovered about yourself, or how someone else flourished in a difficult situation. What thoughts popped into your mind?

01. READ OR LISTEN TO A NEW BOOK



MY HOMEWORK

Create a journal note starting with the music that reflected your mood - also note how you were feeling. Switch up your music - what did you switch to? How are you feeling. Make a list of music that changes your emotions.

02. LISTEN TO GREAT MUSIC

A large, empty rectangular area intended for writing a journal note or a list of music.



MY HOMEWORK

List the names of 10 people that you haven't talked to in more than a month - someone who would LOVE to hear from you - old friend, aunt, grandmother, neighbor, high-school pal? Weekly, call 2-3 people on this list. Note the highlights of the conversation.

03. CALL A FRIEND



MY HOMEWORK

Select 4 women that have influenced your life - either directly (as a mother, relative or colleague) or indirectly (as a historical figure.) Journal notes should include how their lives, and specific choices impact who you are becoming.

04. CELEBRATE GREAT WOMEN & THE WOMEN YOU COME FROM



MY HOMEWORK

Journal about your walk about! Be certain to include where you went, what you felt, smelled, and saw. Where did your thoughts meander during your time - list words and ideas.

05. TAKE A WALK & SEE NATURE



MY HOMEWORK

*Today, journal or draw a picture of what you did to treat your body well!
Honor the strength and love you are giving to your body - it allows you to
express yourself fully every day! Hugs dear body!*

06. TREAT YOUR BODY WELL



MY HOMEWORK

Today is an artwork day! Get out the colored pencils - or other writing device and draw yourself moving about your space. You are free to imagine you are an amazing dancer, you can fly - let yourself soar!

07. MOVE YOURSELF



CLIENT HOMEWORK

Today, I am asking you to pick one area of your house - a closet or cupboard is a great place. Get three bags and label them "put away," "give away," "throw away!" Be harsh! Only return to the closet or drawer things of great value. GO!

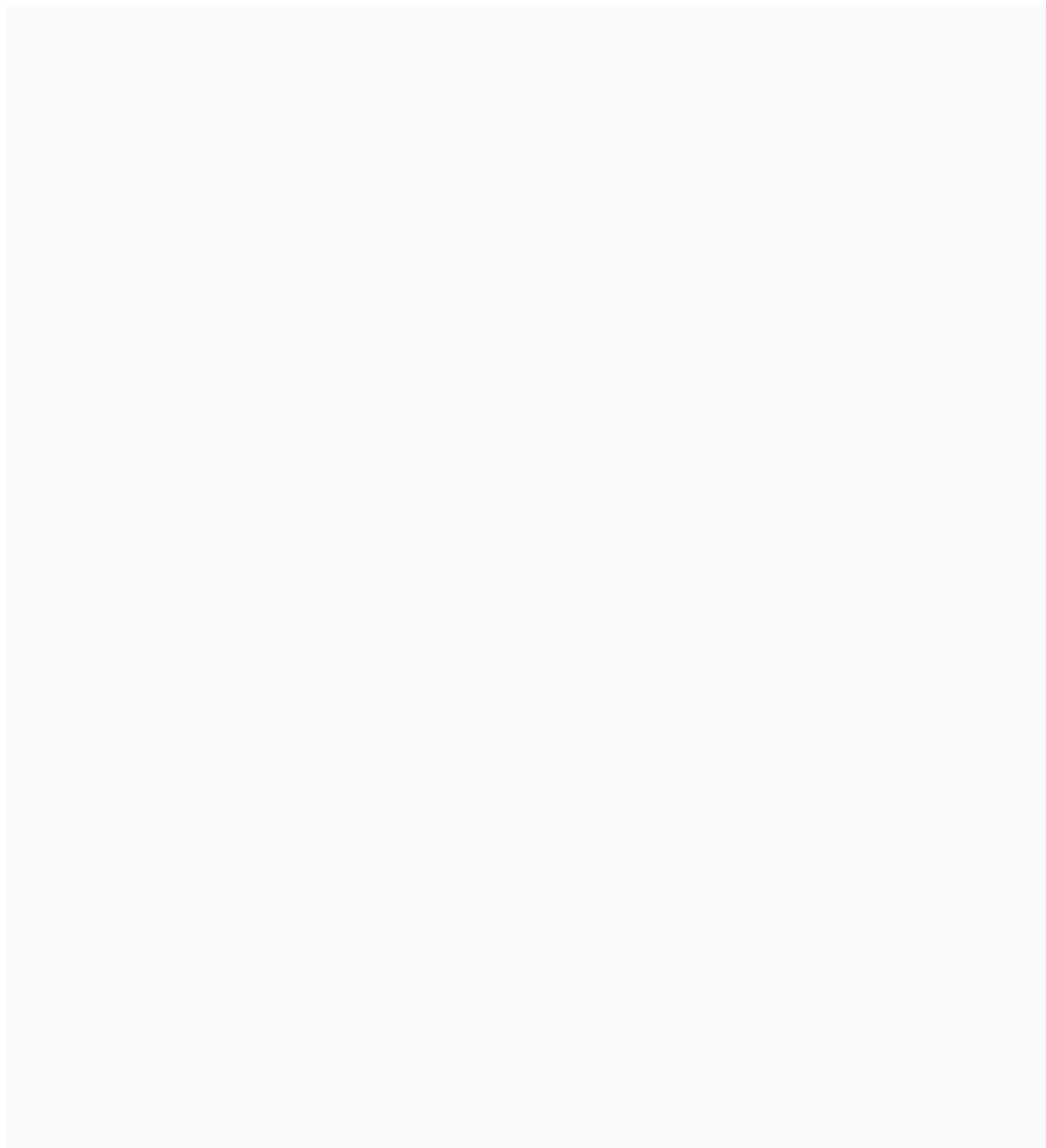
08. CLEAN SOMETHING



MY HOMEWORK

This one is easy - no directions needed! The challenge - go through a magazine and cut out pictures of an outfit you would really like to wear. Tape it on the page - the cool thing is - price doesn't matter.

09. GET DRESSED





MY HOMEWORK

*Drag out a favorite recipe book, call your mom for a family recipe or go on-line.
Journal what you made, how it turned out and how your relished every bite!
Call a friend and brag and boast!*

10. TRY A NEW RECIPE



MY HOMEWORK

Another self-directed activity. Experiment a bit here - who cares if you get on too much eye make up. Boldly dip into that odd color in the pallet you got as "free gift with purchase!" Put on a cute hat or tie a scarf in your hair - go wild!

11. PUT ON MAKE-UP & FIX YOUR HAIR



MY HOMEWORK

Today is all about a journal entry. What did you do to unplug? How did that go for you? What did you do instead that brought you joy? Was there anything else you noticed about yourself by doing this?

12. UNPLUG



MY HOMEWORK

Journal all about the plant or seed you bought. Take a picture of it and tape it on this page. Why did you choose the plant you did, how does it feel to watch it grow? Have you given it a name?

13. PLANT SOMETHING