



## Silver Linings

- The chance to change the future for the better.
- Increased accessibility.
- I'm still standing.
- Found new strengths and skills in myself.
- Pandemic opened up a lot of flexibility...yay working from home! 😊
- Discovering new future leaders! 😊
- Getting projects done at home!
- The pandemic amplified people's need to be connected and provided innovative ways on how this could be done.
- The unexpected (lots of it) with my husband and kids.
- Funding opportunities allowing us to try new things.
- In many ways the pandemic brought communities together.
- Deeper compassion for others.
- We learned new ways to communicate (Zoom, Teams, etc.).
- New Relationships.
- New opportunities of doing our work—opening new possibilities.
- Leaning into flexibility and working from home!
- New connections and partnerships.
- A greater understanding of roles....state, local, national.
- Connecting with colleagues.
- My husband is more than I ever realized and giving over control of all things home and kids was so good for our family.
- The pandemic I feel provided people the time to reflect on what truly matters to them.
- A recognition of how important Public Health is | the health eco system.
- Stronger Relationships.
- Embracing the value of wellbeing.
- I need to reflect and reframe when things don't go my way.