

Happy hour on facetime	Journaling	Hot bath	Where is the sunniest spot in your home?	Spring cleaning!
Try darning	Serve yourself a great cup of coffee	PJ all day	Seed a window garden	Watch movies
Craft making	Build up your core	FREE	Deep Breath	Write letters
Make your own zine	Find Spring inside home	Attack that pile of books	What does your life look like in 2025?	Meditation
Call friends for the first time in a while	Create new Recipe	Hand-wash sweaters	Try new music instrument	Read your favorite comics!

BINGO!

Quarantine

Hi!

My name is Yuko Weiner. Currently I am practicing social distancing in Brooklyn.

Whenever you are, I suppose some difficulty is happening to you, too. How are you holding up?

I was shocked at first, but then, I realize that this is a chance.

A free time like a long summer vacation.

For what?

For rethinking, reevaluating about the way you've lived or thinking about the way you will live from now on.

Yes, it's a bonus time!

I know, all the news are so scary. I am not certain about my job.

Not knowing about your future is worrisome.

Not being able to go out is not fun for extroverts.

I'm an introverts, and still, I feel sometimes as if I am locked up in a cage.

It is OK to be not OK.

You can be crying or furious. (Actually you should. All emotins are good.)

But if you are getting tired of being sad or angry, creating fun stuff by yourself is one option.

This zine is to share things what I'm doing during quarantine.

Everything gonna be all right.

Enjoy your life on Earth!

LOVE,
Yuko Weiner

Happy

Quarantine!

Quarantine

Diary



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"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."

- Kitty O'Meara

「そして、人々は家に居る。本を読んだり、聴いたり、休んだり、運動したり、アートをつくったり、ゲームしたり、新しいあり方を学び、ただじっとしている。そしてもっと注意深く耳を傾ける。ある人は瞑想をし、ある人は祈り、ある人はダンスする。ある人は影と出会う。そして人々はこれまでとはまるで違うように考えはじめた。人々は癒される。そして人々がこれまでにしてきたように、無知で、危険で、きちんと考えたり感じることなしに行動することがなくなると、地球も癒され始める。そしてこの危機が去ったとき、またみんなが集まれるようになった時、失ったもののために悲しみ、新しい選択をし、新たなイメージを夢見て、新しい生き方を創造し、地球を癒すだろう。彼ら自身が癒されたように。」

—キティ・オ・メアラ