

Science of well being

#Week 1

<https://www.facebook.com/Coursera/videos/642782703167460/UzpfSTMzMDcxNzg3NDI1MDY0NDpWSzo2NTQ0NTM1Mjg3MDM5MTA/>

- Reducing tension in a relationship while sheltering in place (1:11)
- Consuming news without increasing anxiety (3:24)
- Supporting healthcare workers and helping them prioritize self-care (5:19)
- Remaining positive when living alone (8:51)
- Staying focused and productive at work (10:36)
- Finding your next career or job if you've been laid off (12:47)
- Helping children who are struggling without their usual routine or friends (15:00)
- Creating positive experiences while in lockdown (18:26)
- Sleeping better, despite increased anxiety and stress (20:48)
- Coping if loved ones test positive for COVID-19 (23:57)
- Spreading kindness or making social connections while isolated (26:32)

While "knowing" is a good first step, taking intentional actions and practicing are most of the battle for long-term behavior change.