

the
quick
little
quarantine
checkup

a checkup to check in during uncertain times

ASHLYNE HUFF BLUE

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This course is not about the author's divorce or marriage. While she is a divorced woman, this course is about her life-long personal observations and is focused on what transpired in her own life after divorce.

This course is not intended as a substitute for the medical advice of physicians, psychologists, or other health professionals. The reader should regularly consult a these professionals in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

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about ashlyne



Ashlyne is an author, certified relationship coach, songwriter, singer, dancer, yoga teacher, sometimes all in a twenty-four hour period. She's exhausted most of the time, but that's her style.

Ashlyne grew up in the music industry and pursued her own musical path upon graduation from Nashville's Belmont University with a BBA in Music Business. With a pop record deal in LA, she was lucky enough to open on tour with the New Kids on the Block and Backstreet Boys, Jordin Sparks, appear on the *Ellen Degeneres Show*, and record two albums. After a three-year stint on the road, Ashlyne decided moving back home to Nashville was best. There, she wrote a young adult novel *Falling Stars* about some of her experiences in music, started PiecemealShoppe.com, became a yoga instructor, and got married (and not in that order).

First came marriage but then a divorce nearly four years later, and the aftermath of that divorce process became the catalyst for a big change. From a deep dive into her pre-marital traumas, patterns, and debilitating anxiety came the urge to write battle-tested courses to help women like her move beyond the very same things. So far, [*How To Move On From A Divorce And Actually Move On \(And Be Happy\)*](#) and [*How To Move On From A Break Up And Actually Move On \(And Be Happy\)*](#) are available, but a course for anyone on how to get unstuck and a course for singles on how to prepare for your next relationship are on the way.

Ashlyne currently lives in Aspen, Colorado with her new husband Marcus and their two dogs Ollie and Nellie.

Hello there.

Quarantine.

It's happening. It's been happening. And honestly, we don't know when it won't be happening. The good news? We're all in this together. The bad news? We're all in this. Everyone is affected. Everyone is hurting. And that could mean we aren't exactly able to be there 24/7 for each other like we would be if, say, only a portion of us were dealing with this crisis.

Some of you are literally alone during this quarantine. Let's be honest, some of you *wish* you were alone half the time. Some of you technically aren't alone, but you might as well be. And even those of you in otherwise healthy relationships who feel supported, you still have your moments. The point is, we're all dealing in one way or another.

I don't know you, and I don't know what's going through your head right this moment, but it could be one or more of the following...

You might be afraid because you or someone you love falls into the age bracket deemed most "at risk."

You might be worrying constantly about the fact that you or someone you love has a compromised immune system or underlying condition. (I happen to have asthma.)

You might be concerned about your future in terms of your next paycheck, your bills, your food reserves, your small business, your rent or mortgage, your child's education.

You might be **SICK** with this dang virus and have all the physical and emotional exhaustion that comes with it.

You might have noticed this quarantine and the uncertainty of this virus has negatively impacted your mental health. You might feel depression creeping back in or your sobriety hanging on by a thread.

You might feel guilty for being less productive right now.

You might feel angry. At Everyone. For everything.

You might feel resentful.

You might have breakdowns every couple of days.

You might feel weary.

You might feel perpetually anxious.

You might be sleeping all the time or not at all.

There are so many ways you can feel, sometimes all at once. No matter how many boxes you check, I am with you and it is **real**.

Hear me again.

Whatever you're feeling, it is real. I feel like our society is pretty crappy at validating feelings, even during a pandemic. We should just soldier on, show up and do our duties, put on a brave face and all that.

Truthfully, *you can do both*. And I would argue that you could do both better if you first let your feelings be real. I mean, they're real enough to get into your head, sink into your heart, to make you panic and make you cry. They're real enough to keep you awake or wake you up in the dead of night. If they can do all that, they're real.

Now What?

Well, in my view, you have two choices:

1. Hold on for dear life to those feelings and let them have their way with you.
2. Make some sense of your feelings. *Do* something with them. Even Scrutinize them.

I suggest #2. It always works for me. #2 happened to save my life four years ago after my divorce, and without it, I wouldn't be where I am today.

let's get started.

I am hearing the phrase "when things get back to normal" a lot right now, and to be honest, half of those times are because I'm saying it. It's easy to think of our lives in terms of "before quarantine" and well, now. Fill in the blanks below.

When life gets back to normal I can't wait to _____.

When social distancing guidelines are lifted, I'll _____ **first.**

Good to know what your first priorities are, right? I think we can all agree that this pandemic is forcing us to get clear on what matters most to us.

"normal"

Let's talk about the word itself. Merriam-Webster defines **normal** as "conforming to a type, standard, or regular pattern."

Standard and *pattern* are what stand out to me in this definition because both are established by someone or a group of people, meaning it was a choice to begin with.

Take a moment to think about the standards you are missing most right now. These are mine.

- a. being able to be with people
- b. being able to walk into a coffee shop, restaurant, or bar and *stay* there
- c. feeling safe and confident about going to the grocery store
- d. going to a job
- e. having a job to go to
- f. traveling on an airplane
- g. visiting my family in nashville
- h. my grandma being able to leave her retirement community and have visitors

I noticed that my standards were super basic, that I wasn't asking for a lot of "extra". I found that interesting because I honestly don't know for sure what I would have considered **standard** before this unprecedented time.

What I do know for sure is that I took most all of them for granted. It never occurred to me that there could be a time in our modern history in which I couldn't be around more than those who lived in my house, that I wouldn't be able to patronize a coffee shop or go out to dinner with my friends or even my husband. The only time I could have fathomed that any of these wouldn't be possible would be because of a personal, isolated illness (like the flu) or the decision to eat/drink at home to save some money.

Alas, here we are, and regardless of what I'm saying, I'm sure you're still thinking "I just want it all back."

My question to you: Do you really?

You'd rather have your old life than this. At least it was predictable. At least you knew what to expect and knew you could count on your version of the list above.

I challenge you to examine this thought pattern.

In fact, I'll help you do just that with a short exercise on the following pages. I'm going to ask you a series of questions, and all you have to do is answer them honestly. Seriously, that's it.

me before [quarantine]

Where did you live? (Could be exactly the same as now. Just go with it.)

Who did you live with? What were the dynamics?

Significant other?

Children? Pets?

What was a typical day for you?

Jobs? School? Church?

Financial situation?

Biggest relationships (positive and negative)

Thorn in your side?

Any regrets you recall? Fears? Struggles? Your biggest worry?

Hobbies?

Big moments/accomplishments?

Big plans? (moving, trips, job changes)

What was the biggest thing you focused on/worked for? Dreams?

Barriers to that success?

What was your outlook on life? (broadly)

Anything else that keeps coming up for you around your life pre-quarantine, write it down.

me during [quarantine]

Who do you live with? How is that going?

How are your relationships holding up during this time?

What is your current job situation? How has life changed? Be specific.

What does your "typical" day consist of?

How are you feeling physically? Emotionally? What about everyone else in your household?

What are your finances at the moment? Do you have enough money to last you for a bit or are you barely getting by? If you're barely getting by, have you asked anyone for help? If not, why not? (Resources can be found at the end.)

What are you the most worried about? What are your biggest struggles right now?

While you're at home, are you doing anything new or more often? (ex. A hobby or project)
Why or why not?

to wrap up.

a few final questions for you to ponder.

Look at both sets of answers [Before and During] and answer the following.

Relationships. Were they better or worse before quarantine? Explain. If there is room for improvement, what would that look like moving forward? If there's no saving it, what next?

Jobs. No matter if you lost a job, had to shut down your business, or are having to temporarily operate in a completely new way, it's tough. When you were working/operating before, was there anything you wanted to change? Did you like how everything was going or could it have been better? What could you do about it now?

Time. We all say "there's not enough time in the day" like it's true. But it's not really anymore, is it? (I understand some will feel like there truly is less because of their new work schedule/having children home all the time.) If you **do** have more time on your hands—even if it's the time you would have spent on your commutes—what are you doing with it? What could you be doing with it?

Dreams. Think about your dreams before quarantine vs. now. Are they the same? If not, is there a way to marry the two? Or have your dreams totally shifted in the wake of this virus? Rather than worry about everything all the time, could you find a way to **wonder** some? (Ex. *I wonder what life's going to be like instead of I just know everything is going to fall apart.*) How might that approach affect your dreams?

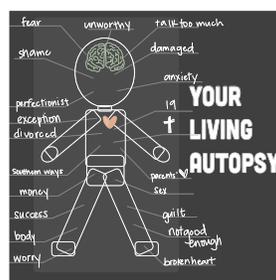
Choices. Right now you are getting a reset whether you wanted it or not. So use it. If you could change some things in your life, what would they be?

Struggles. This time of uncertainty can kick up and magnify a lot of issues (addiction, anxiety, disorders, depression, mental health episodes, etc.) that may have either been dormant or well-controlled. What did you do before this quarantine to combat what came up? Is it enough now or should you double or maybe even triple your efforts? (Resources can be found at the end.)

Conclusion. This unprecedented time is difficult in many ways. There's no doubt about it. But is there any way for you to see it as an opportunity? We rarely get chances or enough time to reassess everything because we are so busy being busy. If you're healthy or have survived the virus, you are getting this chance right now. So, what's going to change in this next chapter? Write it below.

Before you go...

If you would like to take this a step further and receive one-on-one coaching around your next chapter, contact Ashlyne at connect@howtomoveonandbehappy.com for a special rate. For more information on offerings and courses available, visit HowToMoveOnAndBeHappy.com



New Podcast: YOUR LIVING AUTOPSY, a podcast dedicated to helping you dig in and unpack what's going on within. Available wherever you listen to podcasts **MAY 1, 2020.**

resources.

financial: <https://www.benefits.gov/help/faq/Coronavirus-resources>

hotlines:

Suicide Hotline 1-800-273-8255

Domestic Abuse 800-799-SAFE

Rape/Sexual Assault 800-656-HOPE

Anxiety 1-866-307-1829

Eating Disorders 800-931-2237

Shoplifters Anonymous 800-848-9595

Veterans 800-273-8255

Drug Abuse 800-662-4357

Cocaine Anonymous 800-347-8998

Substance Abuse 800-662-4357

Depression 1-866-236-5338

groups:(Find a one near you)

Alcoholics Anonymous (AA) <https://www.aa.org>

Friends & Family of Alcoholics (Al-Anon) <https://al-anon.org>

Adult Children of Alcoholics (ACA) <https://adultchildren.org>

Narcotics Anonymous (NA) <https://www.na.org>

Friends & Family of Addicts (Nar-Anon) <https://www.nar-anon.org>

Cocaine Anonymous (CA) <https://ca.org/meetings/>

Crystal Meth Anonymous (CMA) <https://crystalmeth.org/index.php>

Food Addicts Anonymous (FA) <https://www.foodaddictsanonymous.org>

Gamblers Anonymous (GA) <http://www.gamblersanonymous.org/ga/>

CoDependents Anonymous (CoDA) <http://coda.org>

Heroin Anonymous (HA) <https://heroinanonymous.org>

Marijuana Anonymous (MA) <https://www.marijuana-anonymous.org>

Pills Anonymous (PA) <https://www.pillsanonymous.org>

Nicotine Anonymous (NicA) <https://nicotine-anonymous.org>

Emotions Anonymous (EA) <http://emotionsanonymous.org>

screening:

Eating disorders <https://www.nationaleatingdisorders.org/screening-tool>

take care
of you.