

# MindFull of GOOD

An Occasional Offering from [Rick Hanson, Ph.D.](#)

NEW ON THE BEING WELL PODCAST:

## Coping with Quarantine



**"Sustained stressors that are chronic, including with the add-on effect of not being able to have control over them, really wear on us.**

**How we are with each other during this time is like metal on metal – and it will leave grooves."**

– Rick Hanson, Ph.D.

Over the last month many people have been stuck at home – occasionally with people they'd rather not be around. Maintaining a healthy relationship can be a struggle under the best of times, let alone during times of stress.

In this episode we explore how individuals and families can deal with the interpersonal stress that comes from being stuck together, and the sadness and loss that comes from being separated from things we love.

### ON THIS EPISODE WE EXPLORE:

- The costs of sustained stress.
- Unique pressures placed on relationships during this time.
- Specific tools for maintaining a healthy relationship.
- How we've been supported by our circumstances until now.
- Redefining ourselves during this time.
- Seeing your own good purposes.
- Experiencing common humanity.

[CHECK OUT THE FULL EPISODE](#)

ASK RICK:

**"How do you keep the 'compassion well' from drying up in these days when there is so much suffering in the world?"**



This is a big issue, how to keep the heart open without getting overwhelmed and burned out. So relevant in so many situations, from caring to young children or aging parents, to fighting the good fight for social justice and a world without war.

**I keep trying to let go of the experiences washing through awareness, not sticking to them or them sticking to me.**

I don't have all the answers, for sure. Personally, I let myself disengage when it's too much, fuel myself when I can, and try to see the big picture.

I think of this saying (close paraphrase) from Nkosi Johnson: "Do what you can where you are with what you've been given in the time that you have."

Meanwhile, I also keep trying to let go of the experiences washing through awareness, not sticking to them or them sticking to me.

[READ MORE "ASK RICK" ANSWERS](#)

RICK'S PICKS:

## Gratitude: A Short Film



Louise Schwartzberg's film helps us to open our hearts and feel grateful for this day, the beauty of this planet, the people we meet – and simply the gift of life itself.

[> WATCH THE SHORT FILM](#)

**MindFull of Good** is a [free newsletter](#) that highlights new and free content from Rick Hanson as well as other free offerings to fill yourself up with good.