“I think that we urgently need to give ourselves permission to lower the bar. Any day that we get out of bed with a halfway positive attitude and do a halfway decent job of fulfilling our existing responsibilities should be labeled an unequivocal win. There is indeed power in doing what we can.

So in the coming weeks and months, every time a tempting new quarantine goal pops into your head, try asking, “is this reasonable to expect of myself right now?” If the answer is no, let’s try to grant ourselves some grace and let it go.

This is where I think our true invincible summer exists. To discover that our worth is not determined by what we get done during the pandemic. To know that getting through it is enough. To know that we are doing enough. That we are enough.”

-Dr. Tasha Eurich