

# A few of our favourite things

Here are some things that the participants of the conference listed as things that made them happy in spite of the pandemic:

- Finding meaning in life through connecting with family and friends.
- Sunshine
- Purposeful work
- Religion
- Being in the moment, with no judgment of self
- Breathing
- Helping others and putting a smile on their faces
- Laughter, music and a never-ending curiosity about life.
- Sharing stories about myself and having deep vulnerable conversations
- Knowing that my ex-students found a job and are doing well after they graduated.
- Understanding the essence of who I am
- Silence
- Meditation
- Community service and philanthropy
- Friends, lovers, books, theatre, cinema
- Financial freedom
- Learning
- Giving unwanted items a new lease of life
- Companionship
- Family
- Being grateful
- The feeling that everything that I am right now is enough