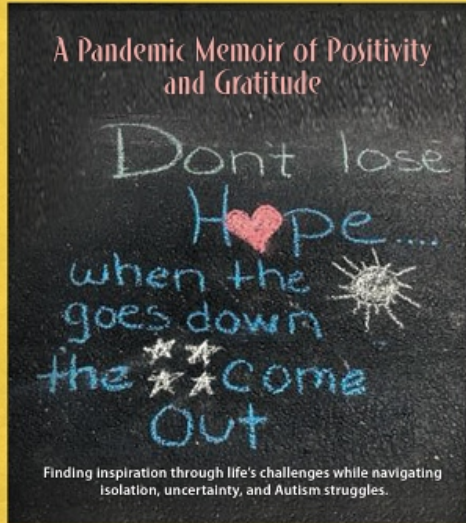


Mindful Moments:



Lisa Mate

In March of 2020, when a Pandemic shut down our world, life as we knew it became unknown and challenging. I decided to hold myself accountable to positivity by posting a memoir of our daily challenges ending each day with a message of hope.

Mindful Moments: A Pandemic Memoir of Positivity and Gratitude

By Lisa Mate

Order the book from the publisher [BookLocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/12101.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

Mindful Moments:

A Pandemic Memoir of Positivity
and Gratitude

Don't lose
Hope...
when the
goes down 
the  Come
Out

Finding Inspiration through life's challenges while navigating
isolation, uncertainty, and Autism struggles.

Lisa Mate

Copyright © 2021 Lisa Mate

Paperback ISBN: 978-1-64719-868-8

Ebook ISBN: 978-1-64719-869-5

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

Printed on acid-free paper.

BookLocker.com, Inc.

2021

First Edition

Library of Congress Cataloguing in Publication Data

Mate, Lisa

Mindful Moments: A Pandemic Memoir of Positivity and

Gratitude by Lisa Mate

Library of Congress Control Number: 2021920414

CONTENTS

PREFACE.....	1
2020 PASSAGES.....	5
2021 PASSAGES.....	285

PREFACE

On January 1, 2020 the world awoke to a new year.

As every year we carried hope of new beginnings, restored gratitude, new careers, moves to new locations, increased income and rectified relationships.

“This is my year!” so many elated on that day. I remember those statements very well.

Without warning, our paths were suddenly altered and plans came to an astonishing halt. Life as we knew it would change indefinitely.

January 09, 2020 - the WHO announced a virus related to pneumonia in Wuhan, China.

January 20, 2020 - CDC says three United States airports will begin screening for the virus.

January 21, 2020 - CDC confirms first U.S. case.

January 23, 2020 - Wuhan under quarantine.

January 31, 2020 - the WHO issues global health warning.

As our attention and concerns to incoming news had increased, we continued with our daily routines with a watchful eye

February 02, 2020 – global air travel is restricted.

February 03, 2020 - the United States declares public health emergency.

February 25, 2020 – the CDC states COVID-19 heading toward pandemic status.

March 06, 2020 - passengers on a California cruise ship test positive for the virus.

March 11, 2020 – the WHO declares COVID-19.....a PANDEMIC.

March 13, 2020 – COVID-19 declared a National Emergency. Schools set to shut down for “2 weeks to flatten the curve”.

March 17, 2020 – schools closed with switch to remote learning.

March 20, 2020 – all non-essential businesses shut down.

Hospitals, gas stations and food stores were considered essential and kept open and available. Most of us stayed home, isolated and online food and supply sales skyrocketed. Sanitizing supplies, PPE and toilet paper literally flew off the shelves. A state of panic ensued.

As we navigated through the fear of the unknown, isolated from everyone outside of our homes, the situation became overwhelming.

My business shut down with no unemployment available, at that time, for the self-employed.

My Autistic child began struggling emotionally from the lack of routine, declining social interaction and drastic change to life as we knew it.

We all did our very best to find our new normal. It became emotional survival.

I felt myself drowning in anxiety and stress while watching the entire world crippled with sickness, death and the unknown.

While parenting, I became a teacher, therapist, friend and confidant to my special needs child. All of that while trying to navigate a closed business with clients desperately looking for answers as much as we all were.

I decided that I needed to hold myself accountable. I wanted to feel “normal”, bring our experiences to commonality and show the positive you can create in the most difficult of times. I decided to use social media in order to share our personal daily struggles but to end each day on a positive note with hope for a better tomorrow. After all, weren't we all having our own personal struggles and needed a gentle nudge to switch our perspective to positivity? Didn't we all want to feel that we were not alone in our struggles and that there was a light to be found at the end of all of this uncertainty?

I am humbled that the inspiration and gratitude resulting from these daily accountabilities has, in turn, positively affected so many.

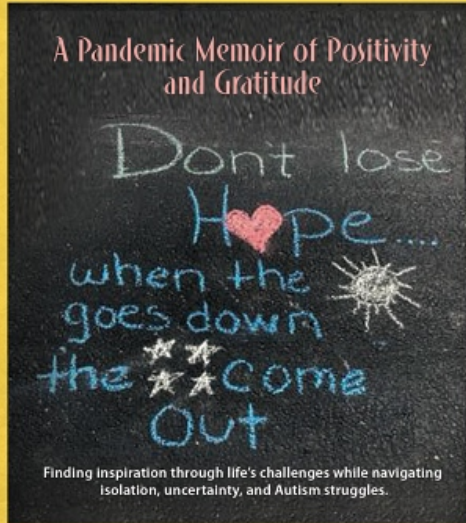
My goal is to tap into your emotions, empathy and make you think in order to show the world emotional freedom through a positive perspective every single day.

Mindful Moments: A Pandemic Memoir of Positivity and Gratitude

My prose began as “things I saw today” as I tried to focus on the positives of each day. The title was appropriately altered to “Mindful Moments”.

Please join us in our personal journey of navigating through the COVID-19 pandemic and finding gratitude in all of life's ever-changing challenges.

Mindful Moments:



Lisa Mate

In March of 2020, when a Pandemic shut down our world, life as we knew it became unknown and challenging. I decided to hold myself accountable to positivity by posting a memoir of our daily challenges ending each day with a message of hope.

Mindful Moments: A Pandemic Memoir of Positivity and Gratitude By Lisa Mate

Order the book from the publisher [BookLocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/12101.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**