

# SAY

# THINK

"I like that I no longer have to drive to work, the commute is often unpredictable"

"I'm often expected to be available long after I check-out of work"

"I love that I get to spend more time with my dog since working from home"

"Reminding myself of how frequently I've been eating out makes me feel guilty"

Believes there are silver linings since the start of the pandemic

Views some of the changes in her work routine to be positive

Difficult to be detached from work now that everything's online

Thinks that she is capable of cooking more to save but was too lazy to do so

"I like to cook and prefer to cook, but I was often too lazy to do so"

"I've always wanted to save as much as I can"

"It was so convenient to eat out that I didn't cook as much as I could have"

"I recognize that I don't communicate enough with family and close friends"

Thinks restrictions pushed her to save, but it was always her intention to

Not being out as much has formed a barrier from spending too much on food

Thinks being able to communicate just the right amount with family is key

Communicating problems to family will cause them to unnecessarily worry

"I'm glad I got to choose where to work"

"Restrictions pushed me to save more"

"As I'm out less, I naturally eat out less"

"I am selective about what I like to share"

Thinks biggest savings come from food costs

No "excessive" spending on other costs

Recognizes that convenience can tempt her

Thinks she must optimize use of saved time

# DO

# FEEL

Was able to recount a typical work day quite easily

Works remotely and leaves home only for essentials (e.g. groceries)

Now starts working immediately as soon as she wakes up

Stays on standby long after logging out of work

Happy with some of the changes that occurred since the start of the pandemic

Frustrated by some changes in work routine (expectations)

Feels obligated to always be on standby for work-related emails

Appreciative of the extra time she gets from not having to commute

Spends more time playing with her dog, spread throughout the day

Smiled as she spoke about some of the positive changes since the pandemic

Cooks more now than before the pandemic

Has been saving money on food and clothes

Mixed feelings regarding her being able to save more on food

On one hand, she is glad to be able to save more on food

On the other hand, confused as to why she wasn't able to save more before

Uncomfortable discussing her level of communication with friends & family

Has extra time to try more hobbies

Has been learning new skills

Calls parents typically once a week

Actively checks in on friends

Accepting of changes forced by pandemic

Excited about extra time she has with dog

Feels more relaxed on a day to day basis

Sympathetic towards friends who lost jobs