

Here are a few thoughts during this anxiety-filled and unprecedented COVID-19 moment:



Check-ins

Go the extra mile and check in with others. Asking, "Doing ok?" "Anything I can do?" via text, email, phone, or DM can help make a disorienting season more endurable.



Wellness

Stay informed, but unplug often for your own mental wellness. It's ok to be nervous or sad or angry. We're human. Let's allow each other to be human.



Future

Try to look around you in the present, look inward into your heart, look above for help and peace, but also look ahead. There is a future after the worst of this has passed, after a vaccine has been created and distributed, after we have healed as a world. Don't lose sight of that. Never lose sight of that.

Kindness

Everyone's doing their best. No one has done this before. Making much of our lives virtual will be messy, glitchy, and imperfect. And that's ok. Let's try to be kind and patient with one another.



Gratitude

Wrap others in gratitude. A simple, "Hey I appreciate you", might be the extra push someone needs to make it through the day.



Joy

It's ok to seek joy and beauty during this dark moment. Watch something funny on television, enjoy some good music, take your time and savor a moving book. But, be careful with the trap of drawing away worries or watching them go up in smoke. Best to talk it through with someone, journal about it, pray about it, meditate, or exercise at home.

