

Surviving the Coronavirus by Joan, Tenant, March 18

PROVEN SUGGESTIONS FOR SURVIVING THE CORONAVIRUS

- 1. PRAY:** Daily prayer in whatever form you prefer...candles, memorabilia, pictures, prayer books, Bible, Koran, etc. And pray for our wonderful staff and those people here at Oak Meadows who serve us so graciously and compassionately.
- 2. LIST:** Start a List (“and checkin’ it twice”) of all the things you are grateful for. From the sunshine, the rain, Spring, to water, to face cream, coffee and a toothbrush. Continue to add to the list whenever you feel a tinge of gratitude emerging, however simple or surprising in the moment. It is times like this that bring to our consciousness the realization of blessed provision that still surrounds us.
- 3.** Look around and begin to notice all the projects you never seemed to “have time for”. pictures still on the floor waiting to be hung, clutter to be sorted in drawers, jewelry boxes, closets., the book you were always going to write, or the skill you never left the time to learn.
- 4.** Do not allow yourself to get stuck in powerlessness or fear of the unknown. There are many things we have control over such as throwing in a wash, researching new recipes, catching up with family and friends through phone, email, twitter, reorganizing our files, etc.
- 5.** Stay attentive. Stay engaged. Keep yourself informed through daily staff communications and news media reports.
- 6.** Now is a time of Grace. Time to read all those novels, magazines and re-energizing, inspirational, educational, relaxing connections to the world of people who keep us in touch with the softer, braver, enduring Spirit that raises us up and holds us together in every generation

Your neighbor,

Joan