



March 20, 2020

Dear Community,

We hope you are finding balance amidst our ever-changing times. The good news is that we are all living it together.

We recognize that so many of you are on the front lines keeping things running in our communities, and we send our thanks and gratitude for what you are doing. Thank you for your intentionality, commitment, hard work, and innovative approaches to creating access to resources and shifting policies and practices to decrease the spread of the coronavirus.

One Shared Future is here for you during this journey, and we share the following resources. Please feel free to share with others who might find them helpful.

- **Promoting well-being**
 - <https://tryhealthyminds.org/>
 - [Nurturing emotional resilience](#)
 - [Your coronavirus coping kit](#)
 - [Free fitness app](#)
- **Working from home (and with kids)**
 - [Tips for working from home](#)
 - [5 tips for effectively working from home during the coronavirus outbreak, when you have kids](#)
 - [PBS Kids daily newsletter for parents](#)
- **Decompressing and having fun!**
 - [What to Watch, Listen to and Read During Your Coronavirus Self-Quarantine](#)
 - Free streaming concerts:
 - [Billboard list](#)
 - [Grammy list](#)
 - [NPR list](#)
 - [Watching movies with friends](#)
 - [Environmental film festival](#)
- **Staying connected**
 - [Reciprocity Ring makes asking for and offering help easy](#)
 - [Physical, not Social Distancing: Staying Connected in the Coronavirus Age](#)
 - [7 Free Apps to Help You Stay Connected during Coronavirus](#)

Here are some reminders from our friend, Alice Inoue ([Happiness U](#)), that help us to maintain a balanced outlook:

1. Know the facts and respond to the facts in proportion to the likelihood of what makes you fearful;
2. Accept every situation that unfolds and take action on that which can be controlled;

3. Live in the present by not focusing on the worst-case scenario, but being ready for it as best as possible.

Finally, as we all navigate our ways through these shared times, please know that you are appreciated and supported by many. We leave you this week with the following poem, which captures how we can all nurture community in different ways:

Pandemic

*What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.*

*And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.*

*Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.*

—Lynn Ungar 3/11/20

[Video rendition](#)

On that note, may we be calm, stay connected, and continue to look out for each other with aloha,

Your OSF team