

April 3, 2020

Dear Community,

Although we are more physically apart, we are also coming together in new ways in neighborhoods, on islands, throughout states, across countries, and as the planet. There has never been a time when humanity has connected in this way—we rely on each other and must take care of one another.

We thank everyone—in visible and unseen roles—who is outside of their homes caring for others, moving essential goods and mail, keeping utilities, garbage collection, and the infrastructure running, and creating access to resources for others. We are grateful to the many who are doing the same from inside your homes, along with those taking on new and layered responsibilities each day to make it possible to shelter in place...including the children, who are adaptive and resilient. We send wishes for safety inside and outside your homes, offices, temporary settings, and rooms.

One Shared Future is here for you during this journey, and we compiled this week's short list of resources for you, your teams, communities, and families. You can find these and many more points of light on our *Share & Care* page at [www.onesharedfuture.com/covid-19](http://www.onesharedfuture.com/covid-19).

Please feel free to share this with others. We encourage those who are not part of OSF's original distribution list to sign up for future messages on that page.

- **Promote well-being**
  - [7 Apps to Help You Stay Calm and De-Stress](#)
  - [10 Self-Compassion Practices for COVID-19](#)
  - [Sesame Street "Caring for Each Other" toolkit](#)
  - [Low-stress, no-sew masks](#)
  
- **Stay connected**
  - [Focus our minds on the present: take social media breaks](#)
  - [Mindful conversations over virtual dinners](#)
  
- **Support local**
  - [Farm goods delivery from local farmers](#)
  - [Volunteer to deliver meals to kupuna and those in need](#)
  
- **Work from home (and with kids)**
  - [How to Stay connected with colleagues while working from home](#)
  - [Virtual happy hours, team yoga sessions: Stay connected](#)
  - [A wealth of stay-at-home activities for all grades and ages \(DOE\)](#)
  
- **Decompress and Have FUN!**
  - [How to throw a virtual dinner party!](#)
  - [Watch Hawai'i International Film Festival films now](#)

We also share the following excerpts from a March 16, 2020 message from White Eagle, a Hopi indigenous:

*Take care of your home, take care of your body. Connect with the middle body of your spiritual house, all this is synonymous, that is to say the same. When you are taking care of one, you are taking care of everything else...*

*Don't feel guilty about being happy during this difficult time. You don't help at all by being sad and without energy. It helps if good things emanate from the Universe now. It is through joy that one resists. Also, when the storm passes, you will be very important in the reconstruction of this new world. You need to be well and strong. And, for that, there is no other way than to maintain a beautiful, happy and bright vibration...*

*What world do you want to build for yourself? For now, this is what you can do: serenity in the storm. Calm down and pray. Everyday. Establish a routine to meet the sacred every day. Good things emanate, what you emanate now is the most important thing. And sing, dance, resist through art, joy, faith and love.*

Read White Eagle's full message [here](#).

And on that note...

May you take care of your whole self,

“Meet the sacred every day,” and

Dance, sing, open your heart, and be joyful!

The One Shared Future team