



April 10, 2020

Dear Community,

We hope this finds you with moments to take deep breaths and that open up gratitude in your heart. During these changing times, we also hope that you are experiencing a **flow to driving** (*less cars on the road*), **more hellos and shakas** when walking in your neighborhood (*seeing so many of the same people!*), and **increased intentionality in our actions** (*as we cease touching our faces*).

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. Please feel free to share these and many more points of light found on our *Share & Care* page: www.onesharedfuture.com/covid-19.

Promote well-being

- Spend a few [minutes of mindfulness in the beauty of Maui](#)
- 8 AM, 4/22 (Earth Day) - [Forest Bathing at home or wherever you are](#)

Stay connected

- [Practicing empathy builds connectedness](#)
- [Be kind](#)

Support Local

- Eat your veggies: [Find your island's farmers](#)
- Every Friday: [Virtual shopping at local stores](#)

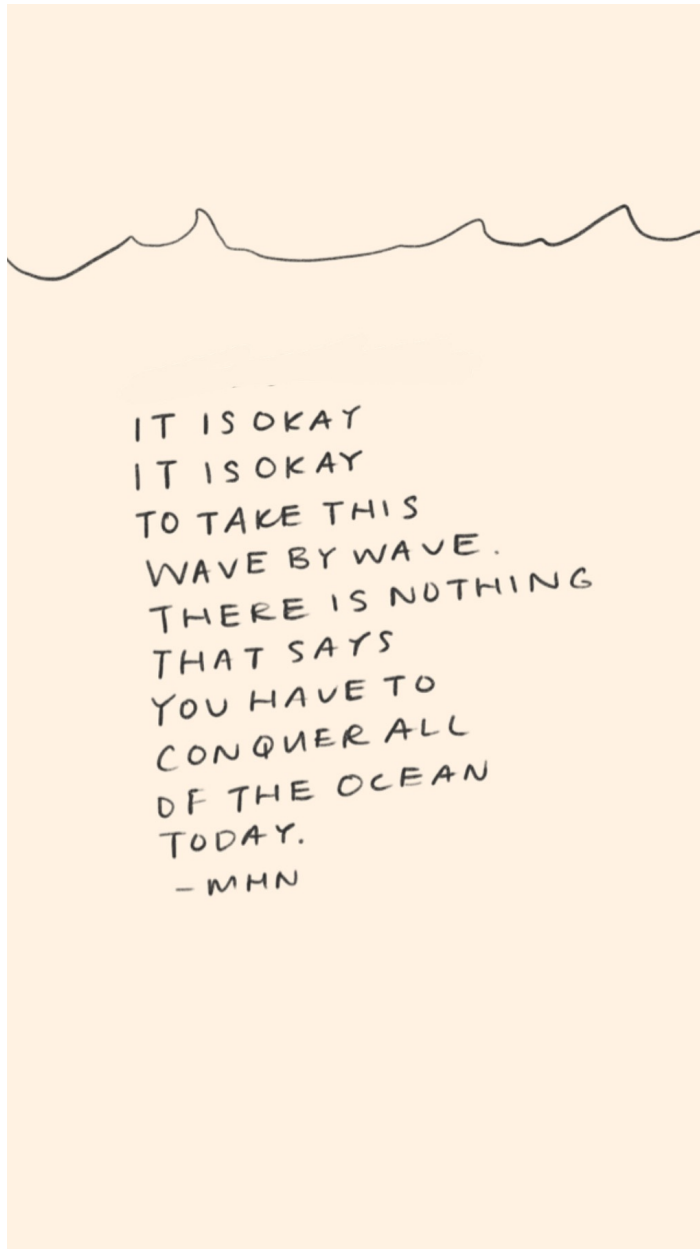
Work from home (and with kids)

- [Let celebrities read stories to your kids \(and you\)](#)
- [Put on some pants!](#)

Decompress and have fun!

- This Sunday: [Fill your home and soul with Music for Hope from Andrea Bocelli \(7 AM\)](#)
- [Watch free HBO shows](#)

Finally, we leave you with this permission to be okay where you and we are:



*Poem and art by [Morgan Harper Nichols](#)

With much aloha,
The One Shared Future team