

April 17, 2020

Dear Community,

We are now over a month into this time of finding new rhythms and balance...and we are here together. For those of us working from home, we no longer commute to/from work and all the places we used to go (why were we so busy?). For those working essential jobs out in the community (thank you!), your daily schedule and bustle are not the same as they were in February as priorities are clearer. Life brings changes, and we are always adapting and constantly recalibrating.

As humans, we know that we cannot live in a perpetual crisis mode with our adrenals pumping cortisol. We are not meant to sprint for long periods of time.

How might we take some moments to pause—just as the earth is pausing—to breathe, look around, appreciate our individual and communities' resilience, and smile? As humans, we want to laugh, relax to restore, and have some fun!

One Shared Future is here for you during this journey, and we compiled this week's short list of **celebratory** and **creative** 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

- Everyone can [color these affirmation sheets](#)
- April 24 – Free [Connection Through Compassion session with Thupen Jinpa](#), principal English translator to H.H. the Dalai Lama since 1985

Decompress and have fun!

- Saturday, 4/18: [Lady Gaga curated a concert for you!](#)
- [Watch theatre movies in your PJs](#)
- Listen, learn, and laugh with local artists!
 - For kids: The HI Way show (Honolulu Theatre for Youth) on [TV](#) and [story time!](#)
 - Laugh(!): [Improv Hawaii Live](#)
 - Break out your crayons: [local coloring pages](#)
 - Learn Slack-Key: [Grammy Award-winning Jeff Peterson's free lessons](#)

Support Local

- We all have to eat: support local restaurants who feed those in need and volunteer to assist the [Chef Hui Grab & Go Community Meal Program](#)
- [Pick up your farm fresh veggies and meats](#) in Mō'ili'ili at Ka Waiwai

Stay connected

- [StoryCorp Connect](#) is now available to everyone! Capture your loved ones' stories for archival at the Library of Congress
- Tune into the [Every1ne \(One Hawai'i\) Pau Hana Series](#) with local musicians, chefs, comedians, and fitness instructors connecting us together at home

Work from home (and with kids)

- Make things less scary for your kids with *A Little Book about Coronavirus: To Help Our Keiki Understand Why Life Changed* [English](#) [Hawaiian](#)
- [Work from home and become a Mindful Superhero!](#)

Finally, we leave you with this piece from Sister Corita Kent (1918–1986), [an artist, educator, and advocate for social justice](#), who reminded us to embrace the changes and new rhythms that life brings:



Here's to successions of moments—
The One Shared Future team