

April 24, 2020

Dear Community,

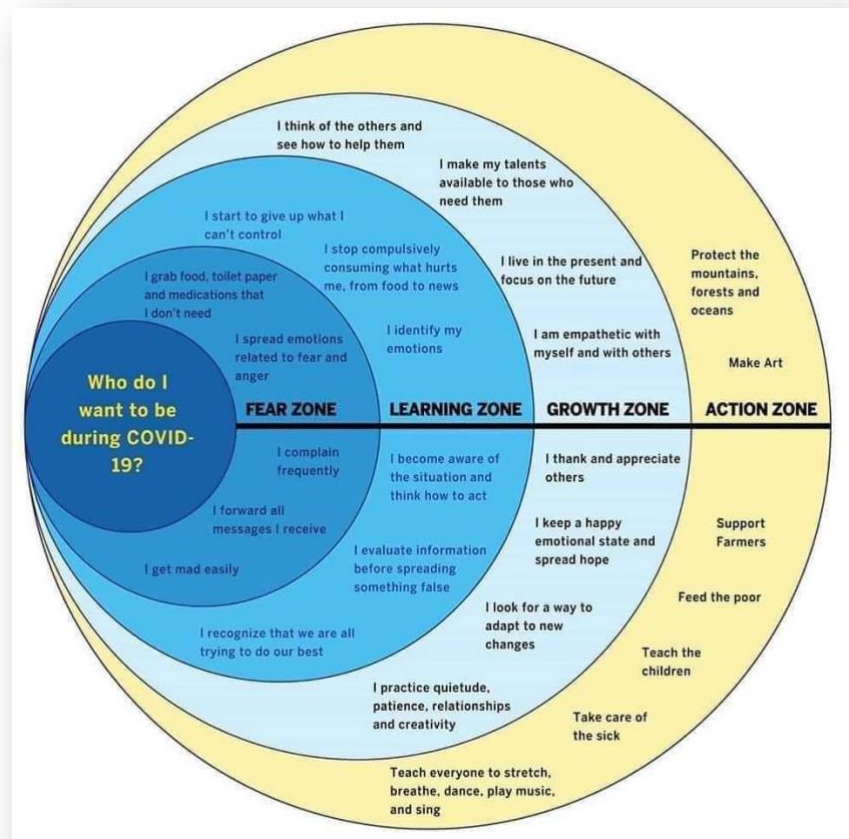
As we gently move from crisis to stabilization, we begin to talk more about *recovery*. **Might we include renewal and resilience in our conversations?** And while we discuss economies and re-openings, let's also make time to contemplate what *renewal* and *resilience* look like for ourselves.

- What are we learning during this time of change?
- Who do we want to be as we move forward together?

We get to choose

Take a look at this model [source unknown], which has been widely shared and adapted over the last few weeks. As humans, we move through stages and zones of emotions, being, and doing. Ask yourself: **“Where am I right now, where do I want to be, and what might I add to the yellow Action Zone?”**

Why it matters: Our changing environment gives us the opportunity to choose how we want to be right now and in the future. The *status quo* is no longer, so what do we truly want for our communities and ourselves? This doesn't necessarily mean where we will live and work, or how we will be able to pay for expenses. It is our state of being.



As we wash our hands, wipe down things we bring into our homes, and clean out the items we no longer need, can we do the same for ourselves? Might we also let go of old patterns that no longer serve us and mindsets that keep us from learning and growing?

When we watch children, we see that they naturally move toward play, laughter, and expansion. This is our *natural* state of being, and this is healthy.

The bottom line: We can move through the learning and growth zones by practicing gratitude and forgiveness...and giving ourselves permission to take breaks, to be in the present moment, and for self-care.

One Shared Future is here for you during this journey, and we curated this week's short list of **mindful, musical, and restorative 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.

If this email was forwarded to you, please sign up [here](#) (scroll down).

Promote well-being

- [The ABCs of well-being](#) right now
- Take a break with [Screen-Free Saturdays](#)

Decompress and have fun!

- Good until 9 PM, Fri, 4/24: Read [nine books for free on Amazon!](#)
- Concerts this weekend!
 - 12 PM HT, Sat, 4/25:: [“Kokua Festival 2020 – Live from Home” with Jack Johnson](#) and music and chef friends
 - 2 PM HT, Sun, 4/26: [A Sondheim 90th Birthday Celebration](#)
- [DANCE your heart out...](#)with no one looking!

Support Local

- Sat, 4/26: [Drive-through pork laulau Hawaiian plate](#) [pre-order]
- Protect each other and wear masks: [Where to get masks](#)
- Support kūpuna:
 - [Volunteer on five islands](#)
 - [Meals for kūpuna](#)

Stay connected

- Actions of [ALOHA](#) for all
- Celebrate the small things: [stories of getting through this together, of connectedness, and of hope](#)

Work from home (and with kids)

- [Michelle Obama](#) reads kids' stories on Mondays ... [with accompanying activities](#)
- FREE: Download the Tony Award-winning, game-changing "[Hamilton](#)" EduHam at Home!
- Be efficient with energy:
 - [\\$5 energy-saving kit](#) (free shipping)
 - [5 helpful tips to lower your energy bill when working from home](#)

Finally, we leave you with this wonderful reminder of **release** and **expansion** from [Tamara Levitt](#), author, mindfulness instructor, and Head of Content at [Calm](#)



To wisdom, choices, and freedom,
The OSF Team