

May 1, 2020

Dear Community,

Happy May Day! Might we take this moment to observe and **celebrate our adaptability and resilience?**

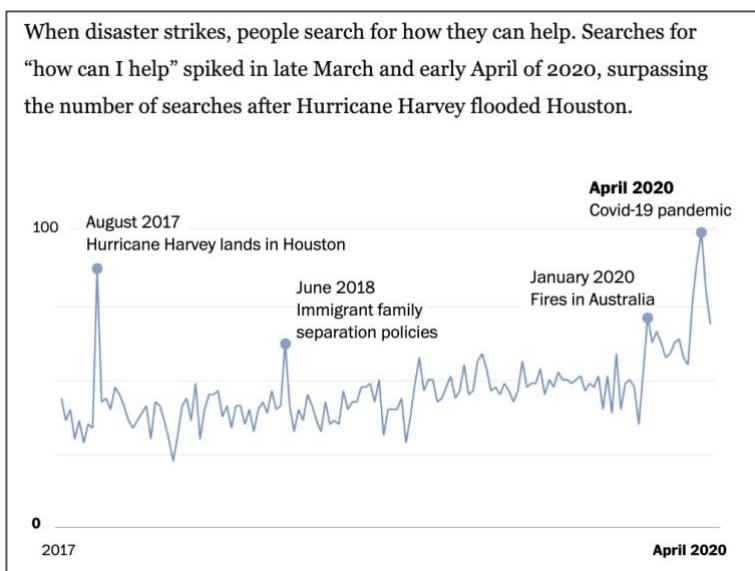
Let's also reflect on the many **acts of kindness and consideration**—big and small—that we've experienced or seen. It may be an individual posting something in support of another, a group mobilizing to gather needed resources, or a community rallying around the shared priority of safety and well-being. How many times have you recently returned the nod or wave of a passing stranger who makes eye contact and connect with you? This seems to happen more and more as people are expressing a generosity of spirit...and this is catching.

So while our lives may have changed, **humanity is more united than ever through our common experiences and priorities of health and well-being.** We are interacting in new ways and sharing more easily. Kindness often begets more kindness.

- *Could this become the new norm?*
- *How does being connected through shared experiences relate to asking, giving, and receiving?*

## How can I help?

A recent [Washington Post article](#) on top Google searches revealed that in April, people most sought information about “how to...make masks,” “where...is my refund,” and “**how can I help?**” We have never asked this last question more during periods of duress over the last few years. (In contrast, note that from April 5-11, 2019, the most common “how to” search in Google was “How to Train Your Dragon.”)



**The bottom line:** During this time when so many are in need, we are asking how we can be of service.

**Why it matters:** It's often difficult to ask for assistance, especially when we are the ones in need. We are human, and it's just hard. Yet there are a few things to keep in mind:

- We are interconnected and count on others—in fact, the whole practice of social distancing and wearing masks works because of this.
- People want to help each other [see above Google search findings].
- Even when we think someone will say no, a [series of studies](#) found that people, when asked directly for help, are about 50% more likely to agree than anticipated.
- It's okay to ask, and it's okay to receive.

One Shared Future is here for you during this journey, and we curated this week's short list of **resources that celebrate asking, giving, and receiving**. Please feel free to share these and many more points of light found on our [Share & Care page](#) with your teams, communities, and families.

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

## Promote well-being

- 12 PM HT, 5/8 - [FREE Connection through Compassion](#) session with Thupten Jinpa
- 4-week FREE workshop at Yale: [The Science of Well-Being](#)

## Decompress and have fun!

- 3 PM HT, 5/1 - [Family Arts for Quarantine Challenge](#)
- [The Call to Unite 24-hour livestream](#) starts 2 PM HT, 5/1 featuring Oprah, Common, Daniel Dae Kim, Deepak Chopra, Eva Longoria, Josh Groban, and more!
- [Get outside and #chalkyourwalk!](#) Unleash creativity and spread hope

## Support Local

- [Support Native Hawaiian businesses and artists!](#)
- Shop, eat, and get things done with support from [Enroute Hawaii](#)

## Stay connected

- Keep college students socially connected with [innovative Nod app](#)
- Watch and spread gratitude with [BOH's #MahaloMovement](#)

## Work from home (and with kids)

- [Tips for your home wifi](#)
- Ways to [be more intentional using video chats](#) for productivity and health

Finally, we share this meditation by **Thupten Jinpa** [whose free session on compassion is listed above] from his book, [A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives](#):

*As you contemplate the various ways in which you are the beneficiary of contributions from so many people, including countless strangers, acknowledge that it's the presence of others that makes it possible for you to live, it's their presence that gives meaning to your existence, and it's their deeds that contribute toward your welfare.*

*Now allow your heart to open so that a sense of appreciation and gratitude may begin to arise in you. Abide in this state, and whatever positive thoughts and feelings you happen to experience, let them permeate your entire being.*

*Next contemplate this thought: "Just as I feel happy when others wish me well, and feel touched when others show concern for my pain and sorrow, so everyone else feels the same way. Therefore I shall rejoice in others' happiness and feel concerned for their pain and sorrow."*

*Once again, recalling your profound recognition that others aspire to happiness and shun suffering the same way you do, open your heart to rejoicing in others' happiness and connecting with their pain.*

*Now—having brought to your mind the fundamental recognition that, just like you, all others aspire to happiness and wish to avoid suffering, as well as having reflected on the deeply interconnected nature of yourself and others—let your heart become permeated by the sense of connection with others.*

With recognition of our shared happiness, pain, and connections,  
*The OSF Team*