

May 8, 2020

Dear Community,

Suddenly, it's May 8! This week marked six (6) weeks since people in Hawai'i shifted into stay-at-home living and working, the last supermoon of 2020, and two months since we started this weekly *Share & Care* communication.

Although there are still a flurry of case number updates, breaking news alerts, and ever-changing rules and guidelines... **doesn't it seem like we've settled into new rhythms in our work and lives?** There's a new normalcy to connecting through video with our kids and animals popping into the screens, juggling homeschooling with emails, and checking to make sure we have our masks on when we go outside. And despite physical distances, many of us are connected with others and nature in new ways.

- How did this happen?
- And when we think about it: **Aren't we pretty adaptable and resilient?**

## What is it you plan to do?

We know that we are a few months into a pandemic and that the learning curve has been high. If we pause, we might also **reflect on our common humanity and recognize that we are *all* living during this time** and, for the most part, share a goal of mutual health and safety. We've experienced fear, tragedy, and loss...and we also continue to find happiness and connection with others.

Now is the time to **acknowledge that the immediacy and onset of the crisis have passed** and that

we are always adapting to change. How might we take all we've learned through these intense experiences—which opened us up and disrupted our usual lives—and move forward and grow with greater clarity? One way is to *embrace this interruption as a reset: to contemplate what matters most to us and to find our purpose and joy.*



**Why it matters:** Research shows that—regardless of gender, age, income, and education—**having a life purpose leads to better health**. And haven't we just confirmed that we are seeking health and well-being?

**The bottom line:** There are many resources and ways to find our life's calling, and these lists include:

- Cultivate awe, gratitude, and altruism
- Find and build community
- Look for opportunities to practice kindness
- Change your phone's wallpaper(!)
- Breathe

How might we use this time to reframe forced disruption into a reality check that provides us opportunities to try new things and ways of being? Could we use our cleared slates to identify our purpose and what brings us joy?

This week's short list of curated resources opens up our hearts for **affirming values, finding meaning, and making connections**. Please feel free to share these and many more points of light found on our [Share & Care page](#) with your teams, communities, and families.

### **Promote well-being**

- 12 PM HT, 5/8 and 5/15 - [FREE Connection through Compassion](#) sessions with Thupten Jinpa
- Free stream of ["Love Thy Nature"](#)
- Mindfulness [exercises that reduce stress](#)

### **Decompress and have fun!**

- Let's make and view [ART!!](#)
- 5/16: ["Graduate Together: America Honors the High School Class of 2020"](#)

### **Support Local**

- Get your [Kau Kau Box](#)
- Shop local at [Mana Up](#), including gifts for frontline workers

### **Stay connected**

- Connect with others: [View from my window](#)
- [Connect with dolphins](#)

## Work from home (and with kids)

- [Tutoring for AP classes](#)
- Find balance and connection: [tips for managing Zoom](#)

Finally, we leave you with this well-known poem from [Mary Oliver](#), who walked through fields and flowers and so beautifully captured the essences of all:

### ***The Summer Day***

*Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel in the grass,  
how to be idle and blessed, how to stroll through the fields  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
[Tell me, what is it you plan to do](#)  
[With your one wild and precious life?](#)*

- Mary Oliver, 1990

To wildness, preciousness, and life—

*The OSF Team*