

May 22, 2020

Dear Community,

For the last several months, humanity has focused on the novel coronavirus, infection, illness, and the pandemic, and we've concentrated our collective energy and resources on the provision of care to address basic needs. As a result, in Hawai'i and many places around the world, new cases have decreased and cities are reopening.

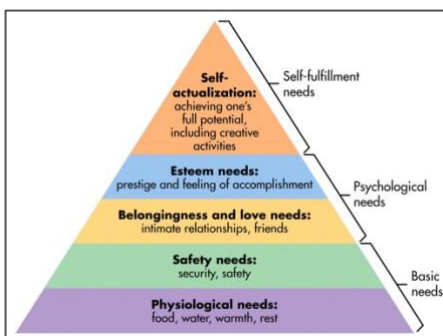
We've been running—or sheltering—with such great focus that now is actually **a good time to pause** and recognize: while we continue to address physiological and safety needs, we can also consciously shift from planning for worst-case scenarios [maybe we've already been there] and **contemplate what it might mean to lean into health and well-being**.

In order to do so, we could reflect on what health and well-being mean and turn to the widely known [definition](#) from the World Health Organization (WHO):

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Our health is more than a clean check-up. There are dimensions to well-being that are inherent to our being human.

Lean into well-being



One way to examine **well-being** is through Abraham Maslow's [Hierarchy of Needs pyramid](#), which we can look at from our individual perspective and that of a community's response. Our basic needs must be addressed for survival, and we must continually tend to them. If they are met—and even if we are still working on it—we can also acknowledge our human nature and need for belonging, feelings of accomplishment, and self-actualization [see the top levels of the pyramid].

Why it matters: If we look at children, we can observe that our human nature is to learn and grow. Even during difficult times, we seek *relationships, ways to contribute, creativity, and joy*. **These are components of well-being**. If our life circumstances allow us to not spend all our time and energy focused on meeting basic needs, we might consider consciously following our natural tendencies to open up, learn, grow, and live our potential.

We can invite ourselves to lean into well-being.

We Can

In Hawai'i, locals say: *If can, can. If no can, no can.* This translates to: *If you [I or we] can do it, great. If not, no worries.*

What if we shift from fear into growth...from constantly moving into reflection...from hunkering down into exploration...and from set thinking into curiosity?

The Kaua'i-based company, [Spirit of CAN](#), embraces this shift and an attitude of belief in oneself and each other as shown in its take on Maslow's pyramid. We are not bound to stay in the lower levels—we **can move upward, we can find love and identity, and we can live [with] aloha.**



This week's short **list of curated, free resources brings renewed focus on well-being** and the many components that contribute to it in people, families, teams, and communities. Please feel free to share these and many more points of light found on our [Share & Care page](#) with others.

Promote well-being

- LEARN! 9 AM HT, 5/26: [Beat Stress and Thrive through Change](#) webinar with Dr. Dana Arakawa (free from Hawaii Employers Council)
- 12:30 PM HT, 5/27: RESTORE with [Free Mini Yoga and Sound Healing](#) Session (Happiness U). Register early.
- For [DOE graduating seniors: FREE Next Step program](#) this summer at UH Community Colleges!
- [Mindfulness for IT leaders, individuals, families, and everyone](#)
- Saturdays (5/16–6/6): [Oprah's Your Life in Focus: A Vision Forward](#)

Decompress and have fun!

- CELEBRATE! 3 PM HT, Friday, 5/22: [MTV and First Lady Michelle Obama's Prom-athon!](#)
- 6/6: [Dear Class of 2020](#) (livestream) w/President & First Lady Obama, BTS, Gaga, and more
- LAUGH! [James and the Giant Peach readings](#) with Taika Waititi, Meryl Streep, Chris Hemsworth, and more (for Partners in Health)

Support Local

- [VOLUNTEER](#) and serve others
- [SUPPORT local foodbanks](#) and win once-in-a-lifetime experiences with All4Hawaii

Stay connected

- Sunday, 5/24 on PBS: EXPRESS GRATITUDE—watch the [National Memorial Day Concert](#)
- BE INSPIRED and connect through creativity and [International Dot Day](#)

Work from home (and with kids)

- TAKE A MOMENT to [step out from your shadow with Lahaina Noon](#) (various times across island communities)
- ALIGN – [6 Simple Fixes to Work More Comfortably From Home](#)

Finally and as we contemplate what well-being is to us, we leave you with a favorite passage from Alice Walker's essay, [Beauty: When the Other Dancer is Self](#).

As I dance, whirling and joyous, happier than I've ever been in my life, another bright-faced dancer joins me. We dance and kiss each other and hold each other through the night. The other dancer has obviously come through all right, as I have done. She is beautiful, whole, and free. And she is also me.

With wishes for dancing, joyful shifts, and well-being ~
The OSF Team