

4 Ideas to Flatten the Curve

Befriend Solitude: Turn off all your screens and try to spend at least ten minutes each day being still. You might pray, or meditate, or practice mindfulness. Or you might simply sit still and focus on your breathing. If anxious or distracting thoughts arise, just note them and let them pass, as if you were sitting on a riverbank watching a leaf float by until it eventually floats out of sight. The mindfulness app Headspace has free meditations available now that are easy to access.

Connect With Others: We know that distancing ourselves from others flattens the pandemic curve. Making time each day to connect with others helps to flatten the J curve. Fortunately, there are many options for connecting with others. Use the ones that work for you. Connect with at least one person or more for at least fifteen minutes each day. If you are living with others at this time, make intentional time each day to meaningfully connect with each person in your household.

Nurture Your Spirituality: Nurturing your spirituality is crucial for supporting your journey through change and disruption. If you are a praying person, pray. If you are a religious person, deepen your practice of your faith. When possible, spend time in nature. Read poetry. Listen to music. Do whatever feeds your spirit.

Offer Kindness to Others: Offer one act of kindness to others each day. Call someone who is alone. Call someone who is grieving. Donate to a group that is helping others. Give a larger tip if you do takeout from a restaurant. My daily runs benefit from the kindness of children who use chalk to regularly write words of encouragement for those passing by on the sidewalks in front of their homes.