

- [f Share](#)
- [Tweet](#)
- [in Share](#)
- [g+ Share](#)



Share

- [f](#)
- [Tweet](#)
- [in](#)
- [g+](#)



Dear Friends,

Imagine that this is a poem:

Every morning and every evening I write down in my planner the numbers of people who have died from this pandemic, trying to imagine the scale of what I am witnessing, and failing. And when I imagine each number as a living, breathing human with a family now in mourning, I am quickly overwhelmed. And yet I stick with it, day by day, the numbers mounting.

Today the count is 47,882. Just one week ago it was 28,572, and the week before that was 14,818. Real people with real lives they needed to get back to. Families who will forever miss them.

The only thing I can do for them now is put my energy into the transformation this pandemic can spark. What's next? What new society can we create, one person at a time? The numbers add up, as we see.

Links to wander through

This article, "[Productivity and Happiness Under Sustained Disaster Conditions](#)," by Aisha S. Ahmad has been helpful to me. She writes about adapting to the crisis, embracing radical

acceptance, and protecting your mental health and emotional resilience. I think you might find it helpful also.

In another essay, Ahmad reminds us to ignore all the coronavirus-inspired productivity pressure. "Global catastrophes change the world, and this pandemic is very much akin to a major war. Even if we contain the COVID-19 crisis within a few months, the legacy of this pandemic will live with us for years, perhaps decades to come. It will change the way we move, build, learn, and connect. There is simply no way that our lives will resume as if this had never happened. And so, while it may feel good in the moment, it is foolish to dive into a frenzy of activity or obsess about your productivity right now. That is denial and delusion. The emotionally and spiritually sane response is to prepare to be forever changed."

Coming Up



ONLINE CLASS: Writers in the Pandemic - New cohort starts May 4, 2020. A way to build community among writers and non-writers during this odd time in which we find ourselves. A writing prompt every morning for two weeks, two live Zoom sessions together, a private FB group, and an amazing community of writers. Only \$37. To register, [go here](#).

ONLINE CLASS - If you have already taken "Writers in the Pandemic," you are welcome to join me for "**Writers in the Pandemic - 2**" where we will deepen writing and observational skills. Private FB group, two live Zoom lessons together, and thought-provoking prompts every morning for two weeks. Pre-requisite: Writers in the Pandemic. \$37. **Starts May 4, 2020.** [Go here](#) to register.



NEW! ONLINE FREE WEEKLY GATHERINGS:

During this pandemic, I will host a weekly tea-time on Zoom for whoever would like to show up with a cup of tea, a quote or poem to share, or just a need for conversation. You can join me on **Thursdays from 4-4:45 pm Eastern** in [this Zoom room](#). We have an innate need for community, and the technology to create community spaces... Bring paper and pen in case we start writing.

ONLINE CLASS: Hard Conversations: Whiteness, Race, and Social Justice - Begins May 12. Focuses on white racial identity, hallmarks of white supremacy culture, what it means to be white in a racist world, and how to create a positive white identity. [Go here](#) for info.

Thanks for reading. If you like this newsletter and want to support it, forward it to someone who'd like it. If you're seeing this newsletter for the first time, [you can subscribe here](#).

Be a witness,

Patti

Follow me on [Instagram](#), [Twitter](#), and [Facebook](#)

Sent to: [_t.e.s.t_@example.com](#)
Patti Digh, LLC, 638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States
Don't want future emails? [Unsubscribe](#)

Email Marketing by ActiveCampaign