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Dear Friends,

What is it like to live during historic moments such as the one in which we now find ourselves? Oddly, it feels just like life, magnified, with large doses of uncertainty, anxiety, and--perhaps--hope.

But to historians, looking back at this moment, what may be of most importance is how ordinary people have lived through this and other pandemics. What were their daily lives like as they tried to "flatten the curve?" So it is up to us to document what is happening. How are we doing that?

One way is to create a notebook or document where every evening, you reflect on the day: What you saw and heard, how you felt, what kindnesses you witnessed, and what you were most grateful for. Note the date, the weather, the place in which you find yourself, what you fear and what you are eating, what feelings are hitting your gut, where you are getting your information and sustenance--everything about daily life right now. Start small, with a little frame, and those little frames will add up to the picture of a life in quarantine.

Diaries have long been used in historical research, and now is the time for us to leave our mark on the documentation of this pandemic. Will you take this challenge to be a primary source of information about living through this time period? If so, start documenting your days. It will help you understand what you are feeling during these times as well. Your writing may well surprise

you, and it may well be a gift for others long after you are gone.

Links you might like to check out

[Taking steps to counter the loneliness of social distancing](#)

[Why emotional cut-offs are never a good idea](#)

Coming Up



NEW! ONLINE CLASS: Writers in the Pandemic - **Began March 23 - You can still join us!**

A way to build community among 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 a community of writers. Only \$37 (and free for those experiencing financial hardship because of COVID-19). To register, [go here](#).

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 April 7.** 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.

ONLINE CLASS: Hard Conversations Book Club - It's never too late to join this group of folks who read and think in community each month. Our reading list will expand your world. You can find the 2020 list and other information [here](#).

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](#).

Document your days,

Patti

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