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Dear Friends,

Well, this was an odd week, wasn't it? It feels like we have lost our balance and are looking to regain our footing while trying not to fall. We will regain our balance. It will just take some time. And intention. And perhaps some new shoes. METAPHOR ALERT.

I look at the world's situation at the moment and can't help but ask myself, "What wants to happen here?" What wants to be born from this experience? We have an opportunity to remake work, to reduce carbon emissions greatly, to reframe what it means to be a member of an interdependent planet, to heal some inequities. Will we? I don't know. It will take intentionality on the part of a lot of people. And we can be those people.

I do think this pandemic is going to get worse before it gets better, and that each of us needs to stretch our [resilience](#) muscle to get through it. While we're hunkered down, perhaps we can give some thought to how we can build a better world at the end of this. What do you want to give up? What do you want to create?

Call someone you love today.

Walk outside with your feet directly on the earth.

Links you might like to check out

I like to do [Yoga with Adriene](#) when I am traveling, and now I'm doing yoga with her at home.

[Care for Your Coronavirus Anxiety](#) - lots of resources

[How to care for your mental health during the coronavirus lockdown](#)

[The Anxious Overachiever](#) newsletter might be helpful to you.

Coming Up



NEW! ONLINE CLASS: Writers in the Pandemic - Begins March 23.

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](#).

Balance will find you,

Patti

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Patti Digh, LLC, 638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States

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