

\*\*\*\*\*SELF ISOLATION\*\*\*\*\*

1. There are no bombs raining on our heads.
2. I am not a prisoner held in solitary confinement, as millions are.
3. I am not a refugee trying to escape with my life.
4. I am not standing in line waiting to fill a pot of water.
5. I have access to fresh food and I'm not starving.
6. I have hot running water.
7. My country has not been ruined by years of war.
8. I can reach my friends by phone and check in on them.
9. My friends check in on me because they care about me.
10. Any whiplash I feel about this strange turn of events is itself a sign of privilege.
11. More than half of the world would gladly trade their everyday problems for the modest inconveniences I am experiencing.
12. I may have anxious dreams but I'm dreaming them on a proper bed and I'm not sleeping on the sidewalk.
13. By staying at home, I'm helping the planet rest.
14. As long as I have my mind I can create, imagine, dream and not be lonely.
15. This global crisis connects me to people around the world and reminds me of our common humanity. This is a good thing.
16. When something tragic happens to another country next time, I will respond to it not with superiority, but humility and recognition.
17. I will fight for positive changes and economically just policies in my own country.
18. I am surrounded by books.
19. I am surrounded by love.
20. The trees have already begun to bloom.