

January
News Media
Headline
China Virus Graph
Statistic Map
Cases Climbing
Thailand Philippines Washington
February
Infections Climbing
Warnings Closures
Dying
California Iran
Climbing
March
Worry Risk Exposure
Dying
Italy Isolate France
President Economy
Governor Superintendent
New
York Projections
Panic buy No supply
Quarantine No vaccine
Cases grow Markets slow Lay low
Open a win
dow

Open a window.

Breathe
a good long breeze.

Observe some
silence.

Now take a beat
to look at the sky
or reach out for the leaves
of your nearest tree.

Depth. Texture. Blue. Green.
A whole system and order
that's devoid of toxicity and rot.
There one day and still there
the next, it's older
than our most ancient text,
wider than your most frantic
thought. It persists.
Honor its wisdom.
Accept its mystery.

Open a window.
Let fear dissipate,
just for now, for this minute.
Situating to a sunbeam and scatter
the chill like a blow
to dandelion seeds.
Feel your pulse.
That's life
helping your cells course
through their network
like bugs in the mulch
keeping the tulips upright.
Open your bulbs and direct
them to your nearest mountain,
field, or sea sticking itself
to our world like pollen
hugs a bee.

Open a window.
Build routines. Keep them
under lock and key.
Extend (virtually)
toward a friend.
Hear them vent,
release, moan, and attend
to their anxious instincts;
then bring them peace. Tell a joke.
Do a stupid dance. Laugh,
even if it feels like strapping
on a paper hat in a hurricane.

Let it storm
and rain but pay it no tax.
There will be pain,
but healing too,
and sometimes
all we can do is clear
the air of what makes us dizzy.
Relax into distractions
that, for just a minute or two,
can open a window.