

2020

Pandemic Musing Trilogy: 2020

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Pandemic Musing Trilogy: 2020

Darkening

Academic routine extinguished in one week.
Teaching nursing students
Health promotion across the lifespan course.
Social support migrated to social distancing,
Stress management morphed to stress crisis,
Screen time means mandated Zoom.
Drinking and vaping moves covertly back home
Campus food courts mutated to raiding frig and family meals
Fitness workouts migrated to neighborhood runs and virtual yoga.
Sleep patterns a mess.
Grieving losses.
Teaching nursing students
To be resilient.

Healing

Sensitive to rising COVID-19 death toll.
Patients dying in ER parking lots
Nurses crying-multiple codes per shift.
Emotions soar with fluctuations
Must practice what I preach.
Sleep, walk, journal, pray-
Find solace in nature.
Slow down;
Be present;
Quiet mind;
Breathe.

Dancing

Morning has broken.
Gentle rain tips foliage
Traffic droning in the distance.

July 6, 2020

A mourning dove coos for the sun
As gray skies abound.
Tiny toad hops past.
A rooftop robin scopes out the weather.
Cool breeze fills the air
Brushing my hair against my cheek.
Pondering the day ahead
With gratitude.