

COPING IN THE TIME OF CORONAVIRUS

By Carol Bratman - August 2020

It's been 6 months of virus restrictions - Holy Cow!
Whoever thought this nightmare would last until now?
In the beginning I paced and found it terribly hard,
But then I found some respite within my backyard.

As the days passed into weeks, and the weeks too many given,
I slowly began to settle into a different kind of rhythm.
No going to the gym? So I just work out at home and walk.
No family visits? So I just phone and "facetalk".

My life has become more slowly paced and introspect,
I have attended to things that I once did neglect.
I have had more time for writing and reflecting and such,
And all of these activities I am enjoying very much.

I am enjoying my walks and taking more time to observe,
Listening to the birds & finding new flowers helps to calm my nerves.
And reading, thankfully reading, often in the middle of the night,
But with nowhere to go the next day makes it totally alright.

I have friends coming over to sit in my garden - apart,
Our discussions range from politics to food and to art.
Sharing what I have is bringing me such pleasure,
And these friendships enrich my life beyond measure.

I am so thankful to say that my close friends & family are all well,
But my heart breaks for those upon whom tragedy befell.
I still harbor within me many fears that won't go away,
But if I keep myself busy I can hold them at bay.

I am praying for the time when the virus will be a distant memory,
And then my absent friends and family I can once again see.
But in the meantime I am not sitting around and moping,
Finding ways to bring me joy is how I am coping.

