

COVID Thoughts

by Lara Abreu

Locked inside
Away from our people
Diminished responsibilities
Expanded time

Time to contemplate a new reality
Social Distancing
Shelter in place
Flatten the curve

Pre-COVID-19 we lived our normal
Laughing in each other's faces
Tik Toks with our besties
Hugging our hellos and goodbyes
Shared Tinder kisses

A handshake to close a deal
High-fives on the field of play
Shared milkshakes and food from plates
All this for granted we took

COVID struck with a vengeance
And stole our touches
Physical connections replaced
With shelter in place and social distance

Our normal has shifted
We see our friends and family
In two dimensions
Flat faces on flat screens

Walking outside
Heads turn away as we pass
Masks hide our strained smiles
Latex covers our hands

Empty shelves yawning
Foodbank lines growing
Elders lonesome
Dollars dwindling

Is this Mother Nature's wrath
A check on her unruly children
Hurricanes, floods, tornados, wildfires

Haven't stopped her careless kids

But Mother Nature is not cruel
A gentle prodding perhaps she gives
Not wrath but the gift of time
Over-scheduled, micro-focused intense lives
Now at rest with this gift of time

Time to think, not react
Time to breathe, not pant
Time for Her to heal, to reset
A new natural order

Given this gift of time
Do we run back to to our old normal
What have we learned
What are our COVID silver linings



Lara Abreu, a wife and mother of two teenagers and an awesome Great Dane named Bruno, holds a B.A. in Psychology and an M.A. in Organizational Development, but her passion lies in writing. She and her family moved to California three years ago and she loves hiking with Bruno, traveling and sharing laughter with her family and friends. Lara is a student of life and is also pursuing courses in Mindfulness Coaching. One day, Lara hopes to unite her love of writing and mindfulness into a second career.

