

THE DUALITY OF LIFE DURING THE COVID-19 PANDEMIC

YOU CAN GRIEVE THE LITTLE
THINGS THAT HAVE BEEN
TAKEN FROM YOU

AND
→→→

YOU CAN RECOGNIZE THAT
IT'S A PRIVILEGE TO DO SO


YOU CAN STAY INFORMED
ON UPDATES AND THE NEWS

AND
→→→

YOU CAN SCHEDULE BREAKS
FROM CHECKING THE NEWS

YOU CAN FEEL BAD FOR NOT
BEING "PRODUCTIVE" RIGHT
NOW

AND
→→→



YOU CAN KNOW IT'S OKAY
NOT TO HAVE CAPACITY FOR
ANYTHING MORE THAN
YOU'RE DOING

YOU CAN BE SCARED AND
ANXIOUS AND SAD ABOUT
THE STATE OF THE WORLD

AND
→→→

YOU CAN FIND MOMENTS OF
PLEASURE AND JOY

YOU CAN MISS YOUR FAMILY
AND FRIENDS

AND
→→→

YOU CAN UNDERSTAND THAT
KEEPING YOUR PHYSICAL
DISTANCE IS THE BEST THING



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