

## It's Okay

Still holding ourselves accountable  
to a prepandemic standard we will,  
inevitably  
fall  
short.

How does one stay steadily balanced when the  
ground is rocking and  
trembling beneath us?

How does one keep their sense of direction when  
the Earth has  
rejected its axis?

A face slapped will  
sting.  
A foot,  
having stepped on glass,  
will bleed.  
The survivor,  
following the death of a beloved,  
will grieve.

It's okay to not be okay - always  
but, especially these days.  
No one is at their best –  
don't be fooled by the selfies.

Give up your presentation self.

Surrender to the truth of the moment.  
We are in trying times, but  
let go of trying to  
hold onto the old ways that  
weren't really working anyway.

Be unokay.  
Reject the tyranny of the expectation of perpetual happiness.  
Instead,  
fully surrender to your  
full humanity.

Let the rivers of grief,  
fear, and sadness  
move and  
sequence through you.

None of us are alone in these waters of isolation and  
it's okay to not be okay

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