



## **ALLwaysJoy Covid-19 Survey Results** *(From May 18th survey)*

Eighty-five percent of you reported that you have been able to find newfound joy during the pandemic. Like minded themes included:

- 🍷 Finding gratitude and appreciation for family, friends, jobs, all the small things that I previously took for granted
- 🍷 Working from home, finding Zoom, being more productive, having more family-focused time
- 🍷 Slowing down to be more present, enjoying spring/nature, solitude, savoring beauty
- 🍷 Having more time to go inward, breathe, reflect, contemplate
- 🍷 Being able to say “no”; not having to socialize, having an open calendar
- 🍷 Pursuing passions (gardening, sewing, horses, reading, cooking)
- 🍷 Learning to love life with less, finding the silver lining, learning new things about myself
- 🍷 Voting in new leadership

Community, social and political influences were reported by 35% of you as the number one interference impacting your ability to live, work and give in joy. The number two challenge (22.5%) related to your professional life while 17.5% of you reported your greatest challenge being relationship-focused, factoring in the impacts of isolation and a sense of suffocation. Seventy eight percent of you believe that the virus will have lasting impacts of angst and pain post virus:

- 🍷 Financial instability, harder economic times, homelessness, food insecurity
- 🍷 Business closings, loss of job, retirement and purpose, increased stress
- 🍷 Continued lack of compassion by political leaders, callousness toward others, ambivalence, others making decisions for me, increased taxes
- 🍷 Increased fear, anxiety, uncertainty, numbness of emotions, isolation, worrying about others w/ compromised mental and physical health care needs
- 🍷 Impacts of major transitions upon children and at-risk populations >

- 🍷 Everything staying the same despite the sacrifices, same systems remaining status quo well into the future, essential workers vs. those who get to stay at home and get paid
- 🍷 Increased grief “life will never be the same”, changed people, surfaced disruptive behaviors
- 🍷 And, a bright light: continued creative thinking of new ways to do and see things!

When asked about accessing and using your personal power, 26% reported knowing and feeling comfortable in your place as your number one way while 23% of you relied on using your values and authentic voice. Not surprisingly, coming in last, only 13 % of you reported your ability to access and use your self-worth.

As familiar as you are with what causes you pain and how you access and use your power (or don't) is the awareness of what peace looks like to you:

- 🍷 Waking up to a beautiful, fulfilling day and doing what makes your heart happy
- 🍷 Having necessary needs met without worries, feeling content about the future
- 🍷 Being grounded and living according to personal values, staying true to oneself, speaking my truth
- 🍷 Taking action with integrity, intention and compassion
- 🍷 Harmonious relationships w/ family and friends, quality time with loved ones
- 🍷 Caring less about what others think, feeling comfortable in my own skin, not falling into peer pressure
- 🍷 Acceptance, giving to others, people being kind and genuine
- 🍷 Being able to sleep at night, calm, solace, feeling protected, exercising
- 🍷 Planful and intentional days, having a Plan B

---

My final survey synopsis is on the next page.

## Spending time with your answers led me deeper into my own reflections.

I listened to your voices, the messages from your heads, hearts, hands and spirit. Many of you have reconnected to the gifts of your hands, digging in the garden, sewing, turning book pages, kneading dough, cleaning, playing your high school musical instruments. I feel the earth shake as Mother Earth does a happy dance after listening to your newfound expressions of heartfelt joy, being outside appreciating her immense beauty, natural spaces of solitude and the elemental wonders of life. Others are enjoying the counter-balance of going within—having the time to contemplate on who you are, what you desire, expressing gratitude for simplicity and having the ability to pause and breathe with greater ease and calmness.

**Breath.** How we take for granted the force of life, the simplicity of calmly breathing, mindlessly, with ease that keeps us alive! While Mother Earth was choking and gasping from poor human stewardship, the pandemic swooped in and reminded us of the importance of oxygen, healthy lungs, reliance on technology and who and how we cared for others. Then the disease of racism that's been suffocating life for generations whispered "I Can't Breathe" until it was shouted in protest by millions worldwide. Universal voices, hands, heads, hearts and spirit wove a rich ribbon of breath that refused to surrender—a ribbon weaving threads of joy and alliance amongst deep pain and anguish. A ribbon that reminds us that to move from our pain to power toward eventual peace, we need to transform what and how it is we choose to live a greater life of well being. We do it by taking a deeper breath of awareness, taking one step forward out of our past, releasing the storied beliefs we continuously relive in our minds and receiving

the abundance we each deserve—the threads of transformative joy.

On those days you feel like the breath has been sucked out of you, take a few minutes to focus on your breathing. Deep breathing forces more energy into your cells, provides you with more overall energy and helps to expedite healing. It improves your circulation, lowers your blood pressure and helps slow down your heart rate. Try this exercise to get you started or use your own yoga breath-work. Build up to pausing and breathing deeply several times a day to re-center and revitalize yourself.

1. Stand barefoot on Mother Earth, braid the **red ribbon of her fire, the blue ribbon of her water, the white ribbon of her air, the brown ribbon of her wood, the green ribbon of all life force** and the **colorful ribbon of her healing crystals together**, grounding the soles of your feet deeply into her womb.
2. Breathe deeply through your nose. Inhale to the count of four and exhale to the count of six. Try exhaling for a longer count with subsequent breaths. Repeat until you feel greater energy.
3. Another option is referred to as the 4-7-8 method. With your mouth closed, Inhale through your nose to the count of 4, hold your breath as you count to 7 and exhale through your mouth, making a strong whooshing sound as you count to 8. Repeat.

**Whatever ribbon you're weaving these days, tie it up with a big bow of joy!**

enJOY  
Mary