

"The New Normal and Recovering, Summer Solstice 2021"

By Gayle D.

Recovering from homelessness, mental illness, and loneliness, and now the pandemic, while facing challenges and gaining strength was always an asset of mine. By being resilient to the tragedies, that I have faced in the past, but not giving up on the triumphs. I can look at it in two ways, being optimistic and feeling sorry for myself or pessimistic, giving up and not accomplishing anything or achieving my goals. I chose to move on and be empowered by the knowledge that I gained from my agencies and the street smarts that acquired from being with friends that showed me the ropes. I was computer savvy, but did not know much about zoom or online meetings. I learned quickly and it actually saved my life from knowing that I can connect with others from home and felt more comfortable.

During the pandemic, I tried new meetups like improv or art. I had evolved from the phone to seeing people live. I heard about online medical appointments. I felt teleconferences were essential to me for non-emergency issues and answered most of my questions regarding my health. I went to virtual birthday parties, engagements, and even weddings. I did not miss an occasion that I was invited to and kept me up to date of all my obligations. I discovered the google documents calendar to pen in future activities.

I learned a lot about myself. I found out that being lonely and being alone are two different things. I always had something to do and found a skill that I was good at with my time. Sharing my experiences with the community gained confidence and self-esteem. Today I feel hopeful about the future and know I can attain resources anytime. My new normal is that I can see the cup half full.