

Date: 5/11/2020 5:27:31 AM

Subject: Surviving Covid 19

Smile,

My goal is 2 bring inspiration, motivation, encouragement, or what have U

Wrote bout this subject several times but failed each time 2 articulate what was originally in my heart 2 say...

But here goes I want 2 call it

HOW I SURVIVED 23years of SELF N SOCIETAL IMPOSED QUARANTINE

Here goes,I'll just ramble

...

I survived by...

Minding my own business

Walking in love,best I can figure out how,as I'm still coming round 2 know it,personally

Giving myself n others their space

Creating recipes

Baking

Holding myself accountable

Fulfilling n taking responsibilities

Eating healthy. Peanuts water less processed prison food

Exercising, even if its 2 minutes here n there

Meeting people in the middle/compromise!

Getting peoples story's,which helps in my dealing with them

Go 4 walks,with God in my cell courtyard on the way 2 somewhere

Singing

Listening 2 music

Washing my face at any hour of the day 4 a refreshing!

Taking a spontaneous shower

Hugging myself

Saying "good morning " 2 others all during the day

Serving others,even when its frustrating! N make me wanna tap out cause I don't get served n get mistreated while serving!

Apologizing 2 myself n others I hurt n doing it ASAP! In here

Learning

Studying

Philosophising

Thinking

Meeting people

Self-discipline

Self-motivation

Solitude

Enjoying silence  
Being mindful of others, their strengths and weaknesses  
Taking time to DO NOTHING  
Reading  
Relaxing  
Watching TV  
Being silly  
Spending time with my inner child, like eating an apple with peanut butter, doodling, remembering cartoons, forts, girls, etc  
Laugh  
Smile  
Demanding alone time and making it  
Praying. Using it as an appropriate punching bag  
Speaking  
Internally fighting the osmosis of my external atmosphere that I despise  
Unlearning words, mannerisms, selfishness, impulsive expressions of rage, the definition of manhood  
Designing  
Coloring  
Redesigning the space I got in the cell  
Figuring out Who is God? N Y is He important?  
Spring cleaning  
Schedules  
Switching routines up like which end of the bed I sleep in  
Flipping my diet  
Meditation  
Silently fuming  
Dreaming  
Visions/vision boarding  
Inventing  
Playing ball, even by myself  
Rereading old letters  
Doing something new  
Book clubs  
Writing groups  
Correspondence courses  
Fantasizing  
Providing a listening ear  
Working various jobs  
Volunteering  
Helping those in need  
Surprising people with gifts  
Baking birthday cakes

Giving advice,wise counsel - I think  
Writing  
Journaling my life story 4 my daughter  
Planning  
Making travel plans  
Finding out who I am cause Ur core identity dictates everything!  
Taking personality n spiritual gift tests  
Soul searching  
Learning my likes n dislikes  
Honing my gifts n talents  
Trying 2 consistently do what Jesus did!!!!!!!!!!!!

Oddly enuff there's correlations between prison n quarantine  
Incarceration is unnatural!  
N not 4 nobody  
Eventually we all want 2 B FREE N Return 2 NORMALCY  
Constantly asking When will this B over?  
Yet when its over the temptation will B 2 run a muck! N make up 4 lost times! N do things we  
never done b4 just 2 say we done em,just 2 b able 2 know we didn't live life without such n such  
experience. Feel me?

So when this is over remember 2 stay focused  
Stay on the up n up  
Don't get big headed! Make ur return 2 the Free World slowly but surely  
Use what u have learned bout urself n others 2 society's advantage (none of us r the easyest 2  
get along with!)  
Go places  
B mindful  
Tell someone,"Good morning!" In the afternoon!  
B kind  
B forgiving  
B understanding  
B peaceful  
B the best U  
B love

Respectfully  
MRF