

## How to Tell Your Story During the Time of Corona Virus

*The author Colum McCann described good storytelling as both epic and tiny at the same time.*

*How apt for these times.*

*What is happening to the planet is undeniably epic, and it is epic in each of our own lives. But how that plays out is different for each of us and it is in the details—the tiny and larger events of our new day-to-day—that our stories happen.*

*There is no better time to begin writing about our lives, for two important reasons:*

- *Telling your story will serve as an invaluable record of this time—for yourself and your family, as well as for future generations and our communities.*
- *Writing about the events in your life, the feelings and ideas you have as they unfold, can offer clarity, help make sense of what's going on as it's happening.*

***Here are some writing prompts.*** *Not all of them will apply and some may speak to you more than others. Feel free to follow your own train of thought, without censoring or judging what you write. You can always edit it later!*

***I've written one response as an example of the kind of thing you can do. If you have any questions, please feel free to reach out: [betty@iyowpublishing.com](mailto:betty@iyowpublishing.com)***

### **1. What was it like when you first realized that this situation was something you had to pay attention to?**

**Ex:** *I had been following the news, concerned initially about my brother's trip to Asia, and then trying to wrap my mind around how this was affecting us here and what response it required. On March 11, I was particularly anxious and confused—not wanting to over- or under react—and reading too much about it. Then, texting with Ben and Joanna about their gig in two days, clarity arrived. Almost all of a sudden, I realized they should cancel, that it wasn't safe to be in a crowded place. It took only a few minutes for them to understand that as well. That Friday, March 13, Michael came for his birthday and, because he's family, it didn't occur to me to social distance, a word that wasn't even yet part of our vocabulary. Amy came over on Sunday to watch the debate. We sat at either end of the couch, but I poured her wine. Wearing gloves and wiping groceries came more gradually over the week.*

### **2. Who are you staying-in-place with? What choices/decisions did you make around this?**

*Did people come to stay with you? Are you staying away from people who you wish were with you?*

### **3. How is your day-to-day life different than before? What's the same?**

*Describe aspects of your daily routine. How has it changed from the first week until now?*

**4. What kind of activities are more challenging for you than before?**

*For example, shopping, getting exercise, cleaning your house.*

**5. How has your work situation changed?**

*Are you out of work, working remotely? Is this an opportunity to explore new avenues of work?*

**6. Has your health been impacted?**

*Did you get tested, quarantine? Describe what it felt like to have a virus that so many fear.*

**7. Has this created any new opportunities?**

*Relationships with people, with your community?*

**8. What activities, ways of moving through life, do you miss?**

*What kinds of thing do you realize you took for granted?*

**9. What wisdom do you feel you're gaining from this time?**

*Are you able to look at life differently?*

**10. Is there an upside, something you're grateful for, in during this time?**

*Include the smallest details or something epic.*