



Good News / Bad News

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September 2021

It feels like we are drowning in bad news: climate change, COVID, hurricanes, wars, famine, and so on. One in 500 people in the US dead from COVID? YIKES!

I've been a lifelong news junkie. I'm pretty sure it's genetic; my mother watched six hours of news each day and read two newspapers up until her death at 94. I would walk into her apartment and hear CNN or FOX or MSNBC blaring. It was disconcerting not to know who was going to be yelling, and from what viewpoint I would be bombarded. But I understood her desire to know everything from all angles, to hear everyone's voice and then decide what she believed.

I've been trying to stay with balanced and calm information. I just don't remember a time in my life when so much was so negative. It feels like there is no relief.

In my practice, I'm constantly asked to estimate a projected end date for the pandemic, a sense of an end to the madness and polarization.

Regarding COVID, I continue to read hours a day, documents about third shots [confusing information coming from the government right now] and future variants. There will be things that we can do, both personally and as a society, to move through this COVID tunnel more rapidly.



When I was young I used to ask my grandparents and great grandparents about World War II. I wondered why their words never really made sense to me. I think it's because that time period was indescribable to those who hadn't lived it. But good came out of that horrible war, alliances, globalization, seeing through a less xenophobic lens. We are living in a unique historical moment — perhaps a turning point? Can we turn to a better, safer, cleaner healthier world?

Here's my pandemic prediction, which comes from studying international and national reliable sources. It will be similar to the last flu pandemic at the turn of the 20th century. It will probably take three years to be over, meaning we are about halfway through the ordeal. The virus will still exist but at a much lower level, and it won't be so life-threatening. We'll find a way to coexist with COVID that doesn't fill hospitals or kill great numbers of people. But in the meantime, we do have control over how quickly this comes to pass, and at what cost in deaths.

Certainly there are actions that we can take. Mask, mask, mask, mask, mask. I don't think I can say this enough. Don't be indoors maskless with anyone who is not your family. Full stop. Don't go to large indoor events. I know you want to; I do too. But some people in the crowd will get sick — and some are getting very sick. And if you are older, or immunocompromised you could suffer awful long term effects or even die. The current vaccines are wearing off. We are losing their shield. Not immediately, but for sure, and different folks at different rates. The only way to stop the disease is to stop its spread, worldwide.

Variants can happen only when someone has the disease. If we stop transmitting it among ourselves it cannot mutate. So let's stop passing it around and it will stop mutating. It's as simple as that.

I choose positivity over negativity. I choose light over darkness. boredpanda.com posted acts of kindness; that's the source of the above photo.

The man in the photo said, " A couple of months ago an elderly lady asked me to walk her home because she was scared she was going to slip on the ice. We've become friends and now I walk her home nearly every day." Can we not recognize ourselves in the picture: the helper who gets over their busy life to help someone, and the person being helped who finds a friend?

Let's survive together.

Namaste,

Wendy