



Wellbeing

Hope

Hopeful for the other side of COVID-19

Sometimes things can feel, and are, very difficult. This COVID-19 pandemic is difficult. It may be causing us worry and anxiety which is totally understandable. It may have also plunged us into financial difficulties alongside all sorts of others struggles as well. These things are all hard and we cannot belittle any of them. They are real and we feel the effect of them personally. We may have even lost loved ones ourselves and the ache of grief feels like our closest companion right now.

When things feel particularly hard, it is always important to remember that we have been through difficult things before. We each have inner strength and resolve that, if you are anything like me, we forget we have until we are in struggle again. Think of all the incredible people you know who have overcome some of the greatest challenges in life. They are everyday heroes. And so are you.

The truth is that we have been here before - admittedly not with this specific virus - and undoubtedly, we will be in struggle again at some point. But the incredible thing is that we have and we do get through tough stuff – with determination, resolve, humour, the care and support of others, and most importantly by being people of hope.

Being hopeful is never about wishful thinking. It's never been about 'wishing' for things to be better or to improve. Being hopeful is when you look at reality and say I see you and I will work hard to transform you – all driven by a vision of how the world can be and how we should be as human beings. Being hopeful means acting and behaving in a way, however small (and small is ok) that builds the different and better future we desire. Being hopeful is not giving up, even if it feels like we want to.

So, we will get to the other side of this COVID-19 pandemic and things will be different. The other thing is that we will be changed too so right now we must also do the work on our own transformation in the middle of this thing; becoming more gracious, generous, loving people.

Thankfully we have the Oasis 9 habits to help us! And when we get to the other side, we can and we will play our part in shaping what that changed future looks like, driven and moved by our brilliant ethos value of **'a deep sense of hope that things can change and be transformed'**.