

Hold On to Each Other

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I remember my first earthquake when I lived in Los Angeles. It was hard to understand how the very ground beneath my feet--made of rock--was trembling like a fragile piece of pottery about to shatter. The very foundation upon which everything--including my life--was built upon felt like it was crumbling away. Nothing made sense. There was nothing to steady me or make me feel safe. My brain couldn't move fast enough to compute that nothing made sense anymore. And in those moments where I

seemed to languish forever, I was terrified.

The only thing that made sense to me in the early moments of any temblor was to reach out and hold on to whomever I was with, if possible. While the world shook around us, we were all experience the same exact thing, trying to make sense of what was going on and to soothe or distract one another until it was over. In times of crisis, when the world seems upside down, human connection is more important than ever.

This "now normal" won't last forever. Like an earthquake in those first confusing moments, wondering how solid granite can undulate like waves of water, we're all grappling with the global impacts of COVID-19 as well as civil unrest around racism in the US. And as uncertain as we may feel at times, I remember to try to take some comfort in knowing I'm not alone. Fortunately (or unfortunately), we're all in the same boat. We've all endured months of quarantine. Our lives and our worlds have become much smaller. And that's a hard pill to swallow.

You can take action to better your day. Here are some tips:

1. Take the time to [recognize your team or colleagues](#). Brightening their day will brighten yours.
2. Visit [More Together Now](#) for resources to help you navigate this "earthquake."
3. Set aside time (happy hours, coffee connects, water cooler chats) to check in with each other.

All we can do is bring our best compassionate selves to work every day and do our best. I know some days will be harder than others. No matter what kind of day you're having today, there's always the promise that tomorrow will be better.