


Dear XR Community,

With the rise of Covid-19 (widely referred to as coronavirus) infection rates, we are sharing some resources and lines of thinking that might allow us to reflect more deeply on how to respond regeneratively to this public health emergency. Whether this is along the lines of equipping ourselves with more information, thinking about the way it paves for systems change, or confronting the xenophobia within our communities, this will continue to have an impact on many of us. Please take care of yourself, and those most vulnerable around you 

Content

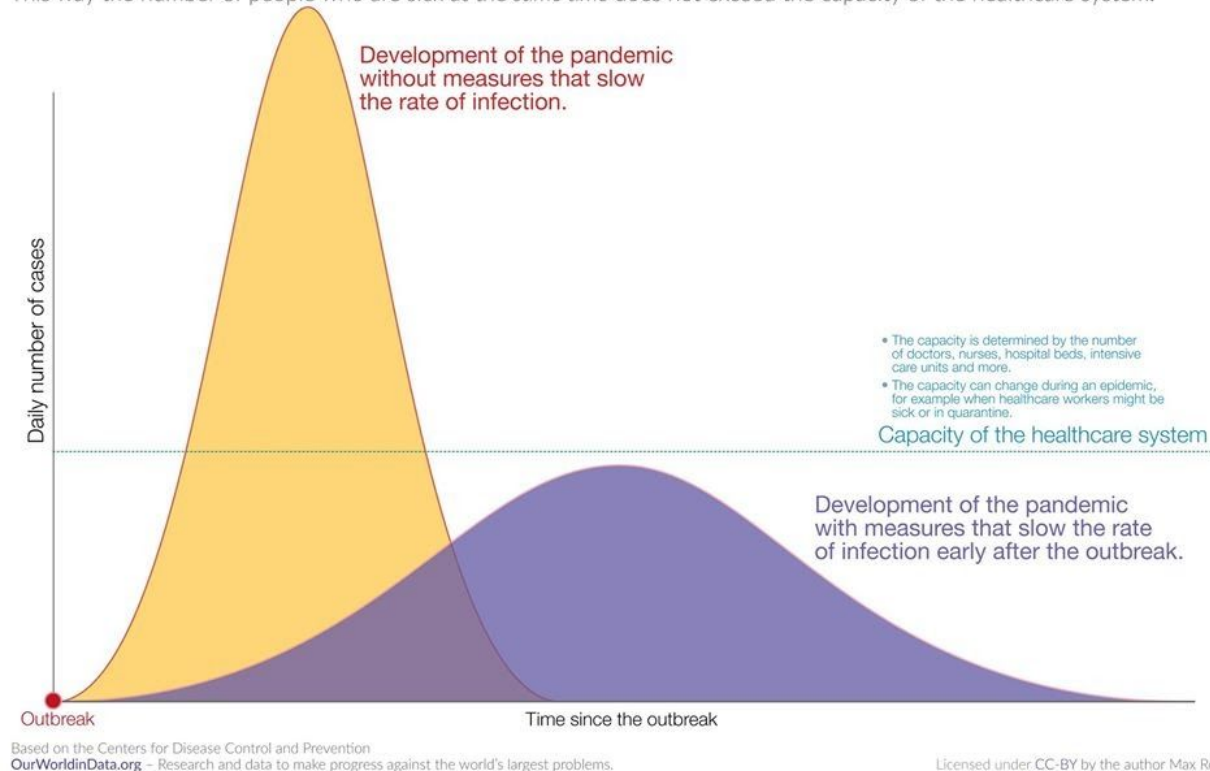
Social Distancing	2
Areas for Reflection within XR	2
Rupert Read's XR Internal Write-up	3
Ideas for Community Support	4
General Resources	5
Health Advice from the WHO	5
A catalyst for systems change?	5
Against Racism	5
Take a breath	6
Advice for all rebels from Doctors for XR on Covid-19.	7
A message from Daniel Wahl we've found in the XR Barcelona Chat	8

Social Distancing

In the outbreak of an epidemic *early* counter measures are important



Their intention is to 'flatten the curve': to lower the rate of infection to spread out the epidemic. This way the number of people who are sick at the *same time* does not exceed the capacity of the healthcare system.



This graphic has gone pretty viral, there are also memes like [this one](#) with the message seeming to be the most reliable scientific consensus. [This article for example](#) explains it in more depth. [Along with Greta](#) we are asking rebels to believe the science and help protect more vulnerable parts of society by taking precautions. You can also read this [very well researched article](#) for community leaders & CEOs about why social distancing is crucial.

Areas for Reflection within XR

In line with our principles and values and to keep ourselves, chapters, and communities safe and well, you might want to consider the following:

- Switching to zoom or other online platforms for local meetings and trainings
- Discuss alternative plans and timelines for direct action and waves of rebellion

- Consider thoughtful ways of framing the climate crisis, such that they do not come across as dismissive of the very real and ongoing suffering of many people who are affected by the virus.
- Ask and provide for emotional support when you need it. Where possible for Regen teams, hold sharing circles (i.e. empathy circles).
- Even if we are not part of the high risk groups we have responsibility for the vulnerable that we can assume by staying home more, checking on our neighbours and not panic-buying supplies that others might need
- Showing empathy with the many people are suffering - not just the sick - also refugees that are shut out even more, asian looking people that face racism or a lot of professionals & freelancers that are experiencing a threat to their livelihood
- Even though the economy is slowing down and we see less pollution this is not the fair transition to a more regenerative system we are working towards. How will leaders ensure we don't just go back to business as usual and avoid the potential for a backlash?
- Slowing down is the chance to sit, pause and breathe. This can be a reminder to take better care of ourselves, our bodies, our loved ones and the world around us. To reflect on what is important to us and how we can take care.
- We are in this together. Even though this is horrible it is also a reminder of what we can achieve together in the face of a common threat.

Rupert Read's XR Internal Write-up

"Here is my updated scoping document on the theoretical, politics and messaging dimensions of corona, for INTERNAL use only within xr. I Hope colleagues find it useful.

https://drive.google.com/file/d/1xeXfbu8oC9aI_LH1NanaY8UZ2pJbXOxe/view

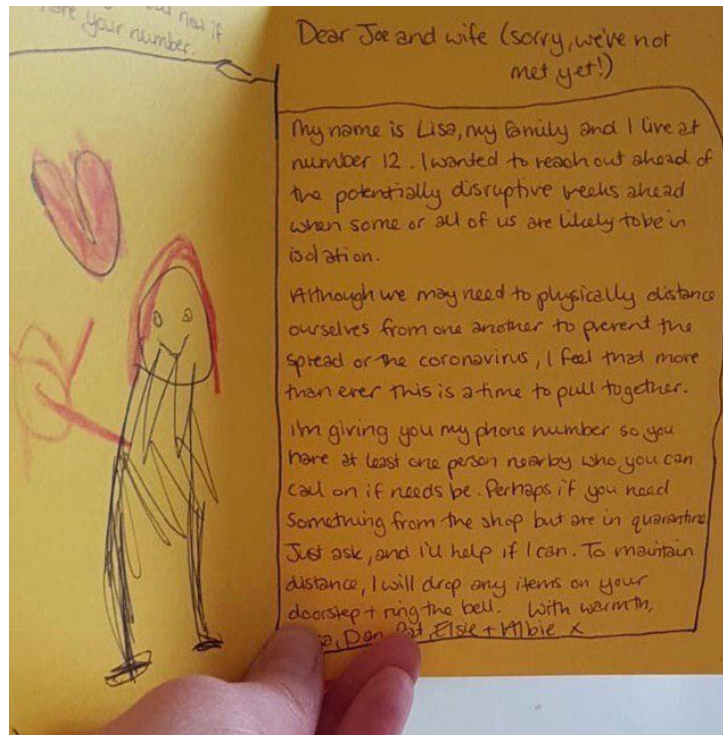
It inter alia offers of course a thorough precautionary perspective, draws lessons for the CEE, suggests some possible media lines (incl on the Budget), and tentatively offers reasoning for why Rebellion this May should be changed completely to become a love Rebellion.

Comment welcome (on the doc itself, or here, or as you see fit.).

If any of it is useful for specific things, obviously feel completely free to use sentences/ideas etc in it in other xr docs etc, whether private, public or whatever: it is intended as a resource."

Ideas for Community Support

- Offering support to neighbours, especially people in the high risk group:



- Think of creative ways to show solidarity and share connection like the people in this [Video](#) of Italians singing in a quarantined street
- Create online support groups for friends & family, you could:
 - Offer emotional support to each other
 - Have virtual community lunches & dinners
 - Keep each other entertained by playing games, holding virtual dance-offs, sharing skills in workshops...
 - Offer tech support for people figuring out remote work & meetings

General Resources

There is a whole lot of information floating around about the virus, but it's been difficult to sometimes see the bigger picture at play. Here are some comprehensive resources that can help you best assess risk, and understand how to care for yourself and your community:

- [A Comprehensive Guide to Coronavirus](#)
- [As a community leader: what should you do and when?](#)
- [From the frontlines in Italy](#)

Health Advice from the WHO

- Wash your hands regularly with soap and water or alcohol-based rub
- Maintain social distancing
- Avoid touching eyes, nose and mouth
- If you have fever, cough and difficulty breathing, seek medical care early

A catalyst for systems change?

While it is obvious the effects for many, especially the elderly and those with chronic illness and pre-existing conditions may be fatal, there are some arguments for how this may be a moment to shift our global systems:

- [A summary of tweets describing the systems shift that Coronavirus allows for](#)
- [A better future?](#)
- [Opportunity in Crisis](#)

Against Racism

Looking at this pandemic through the lens of intersectionality and inclusivity necessitates some understanding of the adverse emotional, psychological, and in the worst cases, physical impacts the coronavirus outbreak has had on Asian communities worldwide. There has been a surge of sinophobia in the past weeks, which we must be aware of and challenge within our communities.

For more information:

- [Sinophobia in France](#)
- [In the United States \(mostly\)](#)
- [Within Asia](#)

Take a breath

If reading this has made you feel anxious, you can try this [breathing exercise](#) or remember to [not lose heart, we were made for these times.](#)

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

A message from Daniel Wahl we've found in the XR Barcelona Chat

Phase Shift has arrived - hold on to your hats!

Let's make this the catalyst for the re-design and regeneration of the human impact on Earth - we can heal the Earth and her people, regenerate ecosystems everywhere, regenerate our cooperative nature and build renewed social cohesion through community solidarity ...

This is the time to accept that change is no longer an option but now forced on us at a scale that the current economic system will AND SHOULD NOT recover from! ... the time to (re)create vibrant bioregional economies that incentivise ecosystems regeneration and a reregionalisation of production and consumption is here.

Time to switch to GameB - a globally cooperative humanity worth its name ... united in the commitment to create conditions conducive to life and redesign the human impact on the planet from exploitative and degenerative to healing and regenerative.

Yes, this pandemic upon us and the stock markets are collapsing, production, air travel, air pollution, ... are dropping ... recent predictions based on a model by researchers of the Universities of Basel and Stockholm suggest that even with a summer dip in the rate of increase the COVID-19 virus could infect 100 million people (at a time) by Winter 2020/21.

Let's not plan for return to business as usual after this - the climate emergency and obscene levels of inequality within and between countries clearly indicate that BAU was not working and heading for imminent collapse and synchronous failure anyway.

We are now pushed to a global mobilisation of resources and civic participation that the planet has not seen before. Let us not waste time by pretending that what we had before was working or is worth returning to.

What are some of the measures that communities, cities and regions will have to have to begin to explore anyway?

How do we feed our population at the bioregional scale from food grown mainly regionally?

How do we provide energy from regional renewable resources as oil production and oil prices force us out of fossil fuels (for good)?

How do we switch to regional transport systems that are not dependent on expensive imports of fuel?

...

In short, we need to redesign for community and regional resilience to a turbulent economic future while increasing food, water energy sovereignty at those scales.

This kind of resilience building was needed in any case as a global preparation for a worsening climate crisis and to avoid cataclysmic runaway climate change.

The scale of collaboration needed for the response to climate change seemed impossible to catalyse in the time we had left. Now COVID 19 is forcing us to mobilise in unprecedented ways and we are doing so as one global species facing a calamity that we can only solve collaboratively and together - for all equally - or we will not solve it at all! ... sounds familiar?

COVID 19 might become the catalyst for the transformation of the human presence and impact on Earth that climate change should have been but was too diffuse of a threat for our species to come together around in an effective way.

Now that we are and have to achieve this, let us make the most of the effort and resources spent!

The world will never be the same. ... and that can be a good thing too!

Already the lives saved by dropping air pollution in China alone might soon begin to out-number the tragic and catastrophic loss of lives that the viral pandemic is and will continue to cause. With suffering and loss at that scale it is inappropriate to draw comparisons and comparing numbers does not reduce the suffering for those affected and even if the viral death toll ends up being much larger than currently estimated it will remain a fraction of the death toll of caused by the systemic dysfunctions of our current system and expected to be caused by the kind of climate change and ecosystems collapse scenarios we were heading for in the short to mid-term in any case.

Phase shift is here! We will surprise ourselves with our capacity to collaborate across boards as one global species! Let's make our efforts count and design for human and planetary health as we build a system for diverse regenerative cultures everywhere, elegantly adapted to the bicultural uniqueness of the bioregions we now have the opportunity to re-inhabit has healers and in a globally collaborative way!

reGeneration Rising! Trim-Tabs Unite!

... or as my friend Joe Brewer likes to say: "Onwards fellow humans!"



Daniel Christian Wahl
(Author of the book Creating Regenerative Cultures)