

**c o p i n g**

And suddenly - the world stands still.  
Silence creeps its way through the streets night and day  
through all the places once filled with joy and laughter  
The world is  
so quiet and yet loud as ever  
and we stay home  
watching everything  
through the bubbles we had to create to protect.

s i l e n c e

In these times  
we seek purpose  
longing to find something, anything  
to fill this void of helplessness  
we read  
we write  
we create  
to distract our minds  
from thinking too much.

p u r p o s e

Suddenly we realize  
how small our problems have become  
what matters and what doesn't  
we might struggle  
to adjust  
and to grasp this reality  
We're longing  
for those who we can't be with  
for the people who make us feel complete.

s t r u g g l e

what matters though  
is to stick together  
to be thankful for those who risk their lives to help  
to not lose touch with the real world  
to reach out to those who struggle  
and to realize  
that staying at home for a while  
is not so bad after all.

a c c e p t a n c e