

## A Moment of Reflection

NOTE: This reflection is intended to support teams to pause, reflect and remember both their struggles and their resilience over the past year since the global pandemic began. This script may be read at huddles, or at the beginning or end of a Zoom meeting.

**Facilitator:** We are going to take a moment to pause together to reflect on the one-year anniversary since the declaration of the COVID-19 global pandemic. I invite you to be present and let go of distractions. Just breathe and allow whatever images or feelings arise to come and go. Each of us has had a different experience of this pandemic, but we can take comfort in the fact that we have endured and we are here now together.

Today marks one year since the World Health Organization declared a pandemic. As we pause to reflect on how COVID-19 has affected our lives, may we also remember the strides we have made in bringing this pandemic under control, and the hope this offers for an eventual return to normality. While the pandemic has had its upsides, and people have found creative solutions to big challenges, for many of us, COVID-19 has resulted in significant losses—loss of control, loss of time with loved ones, or simply loss of the way we used to live.

(PAUSE)

The constant use of personal protective equipment, and the need to remain ever aware of the threat of infection of ourselves, our patients and our own families, has changed how we practice and how we engage with the world. Over time, this vigilance has impacted body, mind and spirit. Sometimes exhaustion has set in and we've questioned our ability to go on. At home our lives have been turned upside down as once familiar routines have vanished, as movement within our communities has been restricted, as schools and other services have closed, as social connections have been severed, leaving us with few options to renew ourselves.

(PAUSE)

But in spite of all the upheaval and chaos, we have persevered. We have worked together to do what needs to be done to care for our colleagues, patients, families and communities. In the process we learned anew the need to appreciate life in all its fullness, and to be grateful for the good things in our lives, however small these may be.

(PAUSE)

The pandemic isn't over and we need to carry on. There is some relief in sight with the vaccines now available. We may hope for a future where we can be at ease again; a future where we are not afraid; a future where we can grieve and mourn fully; trusting that day will come, and a different world will be born, in all its newness and familiarity. May it be so.