

Note: As of 15 March, this document is view-only. To accommodate more active feedback without making the reading experience of this document overwhelming, we invite you to share your thoughts/suggestions in [this document](#), and we will incorporate them within this document as soon as we can.



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 ❤️

Love and Courage,
Global Support Regenerative Cultures

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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 and ecological 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 (by leaving contact information at their doorstep) and not panic-buying supplies that others might need.
- Showing empathy and offering support to the many people that are suffering. These include those whose livelihoods are threatened, individuals stigmatised because of race and particularly marginalised and vulnerable groups including refugees, asylum seekers and the homeless.
- Even though the economy is slowing down and we see less pollution this is not necessarily the just transition to a more regenerative system that we are working towards¹. How will leaders ensure we don't just go back to business as usual and avoid the potential for a backlash?²
- 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 of the world around us.

¹ It's after any recession that the real problems can start for climate advocates. Helen Mountford of the World Resources Institute said that post-recession economies can see a surge in emissions: "After the global financial crisis of 2008, for example, global CO2 emissions from fossil fuel combustion and cement production grew 5.9 percent in 2010, more than offsetting the 1.4 percent decrease in 2009." This time, she hopes "low-carbon and resilient infrastructure" would be a priority in any stimulus package to avoid an uptick in emissions as economies recover.

² For more information on a social technology being developed in Finland (S.T.O.P) you can see the following links: <https://www.suchresearch.net/blog> and <http://sydanlanka.blogspot.com/p/nomadtown-stop.html>.

- Try to take breaks from news & social media and be mindful of not overloading your communication channels / sharing information without a reliable source / the tone of your messages.
- 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.

Social Distancing

Or in other words: social bonding through physical distancing

(Note: This practice is most commonly framed as “social distancing” in the literature. Other alternatives that take into account the need for strengthening social bonds while minimising risk include “Bodily/Spatial/Biological/Physical Distancing.”)

The flatten the curve graphic (below) has gone viral, there are also memes like [this one](#) with the message seeming to be the most reliable scientific consensus on how to best counter this crisis. [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. Before you go anywhere for something non-essential, ask yourself:

“Would I go if I definitely had the virus?”

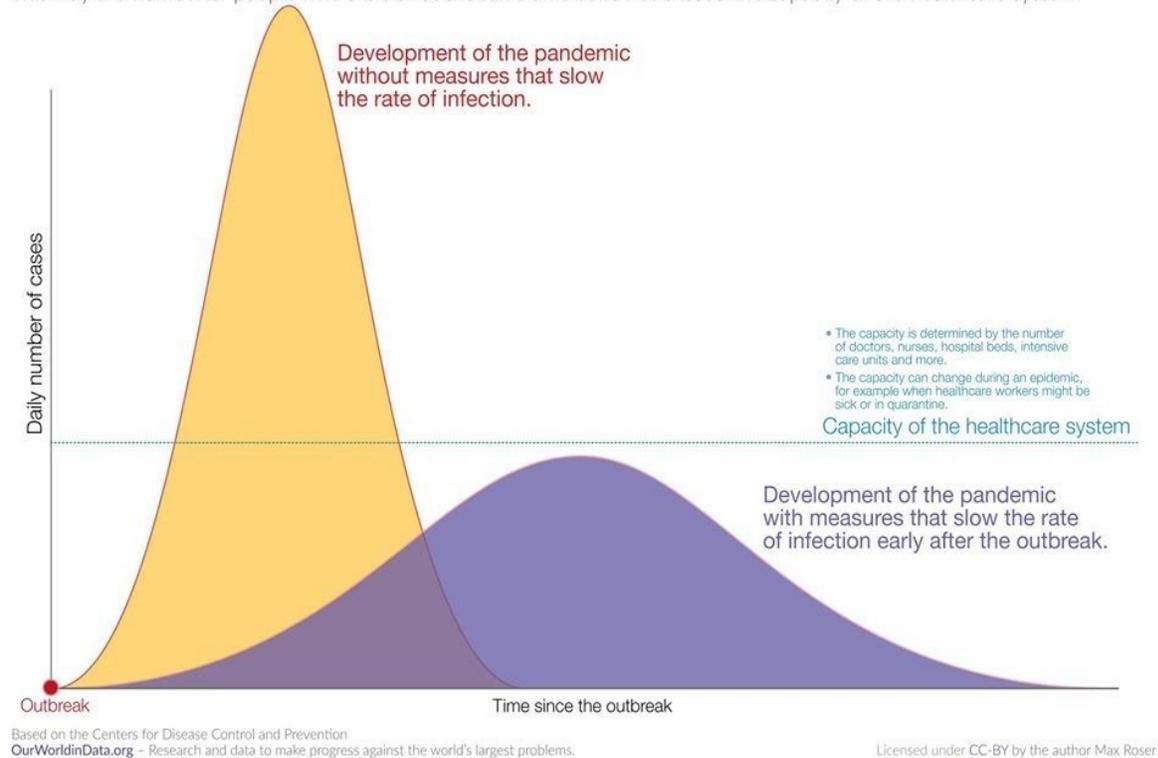
i.e. how many people might you put at risk by going in case you are infected and don’t know because you’re asymptomatic or your government doesn't test mild cases.

You can also read this [very well researched article](#) by Phoebe Tickel for community leaders & CEOs about why social distancing is crucial.

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

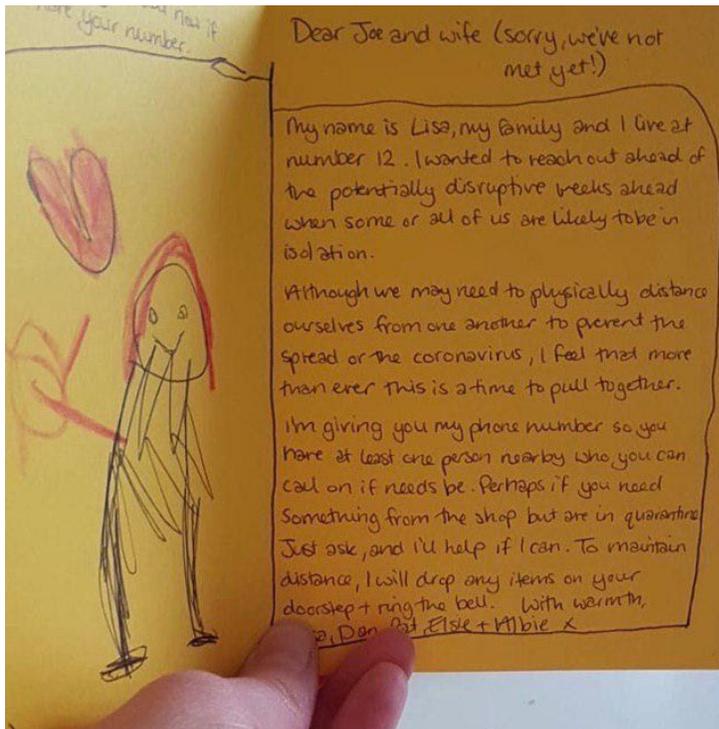


Their intention is to 'flatten the curve': to lower the rate of infection to spread out the epidemic. This way the number of people who are sick at the *same time* does not exceed the capacity of the healthcare system.



Ideas for Community Support

- Creating a [Local Support Group](#) in your town or neighbourhood. You can find good ideas for how to approach community support at [queercare](#) and see their [form](#) for people to request care as a good example of such a form.
- Offering support to neighbours, especially people in the high risk group:



- Note: There is a possibility that we need to [be more wary](#) about spreading the virus via paper or flyers in letterboxes.
- Think of creative ways to show solidarity and share connection like the people in this [Video](#) of Italians singing in a quarantined street
- Call your friends and family who are quarantined, especially when they live alone. Isolation can be psychologically difficult.
- Create online support groups for friends & family, you could:
 - Offer emotional support to each other - take inspiration from this [deep listening in times of corona](#) guideline from the Deep Adaptation Forum for example or [this resource on hosting online circles](#) from the Circle Way
 - 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
 - Set up a care-line. This can be for people to just talk to avoid loneliness or to plan for a new post pandemic low impact reality

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](#)
- [No Panic Covid E-Book](#)
- [As a community leader: what should you do and when?](#)
- [From the frontlines in Italy](#)
- [QueerCare Resources](#)

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

WHO [training modules](#) accessible to all. Interesting for organizers.

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

BlessingManifesting

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

The image contains two side-by-side infographics from the World Health Organization. The left infographic, titled 'Coping with stress during the 2019-nCoV outbreak', features a dark teal header with the WHO logo and title. It includes six sections with icons: a sad face and smartphone for emotional support; a broccoli for healthy lifestyle; a beer bottle for avoiding substances; a magnifying glass for getting facts; a television for limiting media; and a flower for drawing on past skills. The right infographic, titled 'Helping children cope with stress during the 2019-nCoV outbreak', also has a dark teal header with the WHO logo and title. It includes five sections with icons: a heart in a speech bubble for children's stress responses; a school building for adult attention; a smartphone for family closeness; a calendar for routines; and a checklist for providing facts. Both infographics use a light teal background with white text and circular icons.

World Health Organization
Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

World Health Organization
Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.
Remember to listen to your children, speak kindly and reassure them.
If possible, make opportunities for the child to play and relax.

Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.
This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Regen Responses from across the movement

- XR Global Mattermost [Covid 19 Support Channel](#)
- <https://globalresilience.earth/>
- [Schedule of Global Support Open Regen / Listening Space calls](#)
- XR UK: [Alone together - A regenerative response to Coronavirus.](#) There is also a [related handbook](#) you can view.
- XR [slido](#) - A Q&A platform
- XR UK (but becoming more international): Corona Virus Community Action [Telegram Broadcast](#) & [Telegram Chat](#)
- XR UK coronavirus online support and sharing space, everyday from 5-6pm GMT, [Zoom](#) (same link every day)

Regen messages to amplify and share

Here you can find a [collection of visuals](#) that contain regen messaging worth amplifying.

A message from Daniel Wahl

Note: Message as has been shared in XR Barcelona Chat on March 13th. To maintain the integrity of Daniel's original message, we are not making any edits in this section. We hope that this can stimulate more intentional conversation around Covid-19 and the planetary crisis, and you are more than welcome to disagree with parts of the messages' tone/content. If there are any aspects that you find scientifically inaccurate, please let us know in [this document](#), and we will make sure to make the necessary changes so we do not spread any misinformation.

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 re-regionalisation 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 thread 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 cause³. 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 dysfunctionalities 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.

³ This relationship is unclear: <https://twitter.com/yayitsrob/status/1240275228808433664?s=20>. As some others have pointed out, it is also inappropriate to compare any lives lost at this stage. This is in many ways a lose-lose situation.

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 Designing Regenerative Cultures)