

# CORONA VIRUS

1<sup>st</sup> lockdown end March -negative thoughts

**C**laustrophobic, catastrophic confinement leads to

**O**bligatory obedience to offensive

**R**estrictions- respecting the rapid and relentless

**O**bvious obliteration of ordinary life.

**N**ormal, natural, nourishing

**A**ctivities and adventures are suspended while

**V**ital ventilation is avoided. We are

**I**rritated by the isolation imposed as

**R**ational behaviour rapidly retreats.

**U**nsettled we find restrictions are unpopular but keep

**S**afe, in solitude, stuck for the summer season.

2<sup>nd</sup> lockdown mid April -feeling more positive

**C**hallenged now to concentrate on new

**O**pportunities and opinions we are

**R**ingfenced from risk and

**O**verawed on occasion to admire the

**N**obility and nurture of the NHS and others, so

**A**ssiduous and attentive to us aged. We feel

**V**alued in so many various ways, and view the

**I**ntention to influence events ideally with

**R**espect and reasonableness, but restlessly. We

**U**nderstand the unifying, unsettling

**S**ufficiency of the solution to survive with serenity.

3<sup>rd</sup> Lockdown early May- balance achieved, status quo

Certain now of economic collapse,  
Oppressed by obvious ostracization,  
Reeling from relentless restrictions,  
Objecting to obligatory isolation,  
Newly suspicious of nefarious visitors,  
Appalled by news of abject domestic abuse.

BUT

Valuing visionary vaccine trials,  
Illuminated by care-workers immense dedication,  
Refreshed by respect for us retirees  
Understanding ubiquitous social distancing,  
Settling into sedentary solitude for survival.