

Open Letter To Millennials

Millennials are "accused" world-wide of not taking this pandemic seriously. As young persons in this category who are working in the Think To DO Institute we would like to speak to these concerns, and speak to the Millennials who are living in Curacao. We would like to talk about what it means to be resilient, about the level of commitment and the personal control that it requires. We are the future.

Social distancing isn't some external concept that applies only to work and school. Social distancing is really extreme. It is a concept that disconnects us physically from each other. It profoundly reorients our daily life habits. And it is very hard. We have all these built-in human needs and desires because we are social creatures who connect with each other, and I think one of the profound challenges, and one of the ways we will know whether we are meeting this crisis head-on, is whether we can sustain this very unnatural—from a human perspective—physical separateness.

Resilience is about COMMITMENT

Our commitment: our personal commitment must be to just take a moment, think, look at our surrounding, and act to prevent ourselves and family or friends to get this annoying life treating virus. We should commit to staying inside for however long the quarantine is in place, not only for our safety but also for the safety of those who are at risk. Millennials don't seem to have much risk but what about our little brothers or our grandparents, or for some even their parents. Don't make yourself a liability or unreliable. We must stay committed for as long as it takes. Personal commitment is a great way to challenge yourself to see something through. Make promises to yourself and don't break them.

Resilience is about PERSONAL CONTROL

Personal control: we have the choice to take this outbreak seriously or not. If we don't take it seriously, we might see even worse consequences. Please take it seriously, wash your hands, stay inside and most importantly stay safe. Personal control is a mind game; YOU are always in control. Be mindful of what and how you do something to be able to show self-control. It is to not only know what we should do but to also be brave, take initiative to do the right and moral thing. It would be nice to meet with your big group of friends at Sambil or a club, knowing about the spreading of the virus. But, our personal control tells us to be wise and cautious in this time and stay home.

Stay calm and enjoy in the time we have to learn and be with our families at home.

Resilient people are focused on the FUTURE.

We are the future. Being resilient at this time means being brave. Stay calm. Anchor down. Take it one day at a time. A resilient person, right now, is making the right choices and then enforcing them. To be resilient is to find a way to make your goal a reality but to also be mindful of your surroundings and the way you go about reaching your goal, and to keep trying no matter what.

Quote: "What climate change, coronavirus and other issues make clear is this: Humanity will not thrive in the 21st Century unless we evolve beyond a "me only" and "me first" mentality. We need a shift economically, politically and socially from an economic to a humanitarian bottom line."

Some things to do while social distancing:

If you feel lonely, try reaching out to some friends or try joining an online community.

Exercise take walks/runs outside, and stay connected through phone, video, and other social media. But when you go outside, do your best to maintain at least six feet between you and non-family members. Be creative.

Remember all of those things who wish you could do "if only you had the time". Cease the moment.