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LOCKDOWN **SECTION: 6 PAGE EXTRA**



Margaret 'Life in Lockdown' Series 7

Exploring the 'new normal'

find new ways of living..." I completely agree with

you do too. However, if it

was just left to us I don't

make the necessary

"In the rush to get back to normal, use this time to consider which part of 'normal' is worth rushing back to".

Dave Hollis

FIRST came across this phrase a month ago and it struck a chord. As we are slowly being released from lockdown, I am finding myself 'rushing back' to the life I knew and I am worried.

A couple of weeks ago our youngest citizens were allowed out for the first time in weeks. It was a treat to see their faces full of awe and wonder as they stood taking in their surroundings. Their eyes were wide and their steps were tentative. They moved slowly taking in every detail, a fallen leaf and the shade of the palm trees. Yes, there were also youngsters on bikes and roller skates but I still sensed their appreciation of their surroundings, their gratitude for being back out in the world.

Contrast this with last Saturday in Palma when the 'grown ups were allowed 'out to play' for the first time in weeks. I took a stroll down to the Paseo at 8.45am and joined the throng. There were adults everywhere, runners, joggers, cyclists and walkers. Most of us had our own agenda, thinking that if we ran or walked fast enough, we could instantly make up for all the lazy, exercise free days we had endured over the last few weeks. In this frenzy, social distancing was attempted in a half-hearted way with strange maneu-



walking fast with one eye on my step counter and I am ashamed to say, I was at the top of the steps by the cathedral before I realised I hadn't taken any time to 'stand and stare'!

I understand this might have just been us Palma folk (it definitely wasn't just me) and we have certainly calmed down a lot having established a more normal routine. But the difference between the two groups is obvious. Our youngsters have emerged from lockdown to 'smell the roses' while the adults couldn't wait to get back to normal.

The truth is that, though I am keen to get back to my life before Coronavirus, I want a life where I can live in Palma and continue to smell the sea and hear the birds. I can't wait to swim in what is probably the cleanest sea that has surrounded our islook up and see the bluest of blue 'pollution free' skies.

It's a real problem. How can I align my new values with reality?

How can I continue to smell the sea and hear the birds in the city once the traffic picks up and I'm driving again?

How can I enjoy looking at the blue sky going right down to the horizon (rather than blending into a grey smudge) whilst also looking forward to the time when I can once again fly to see my family in England?

It's a personal dilemma that many of us face what significant bits of the 'old ways' are we willing to leave behind?

President Macron said last week: "This is not a time for falling back on comfortable ideology. We need to get off the beaten track, reinvent ourselves.

lieve that we are too wedded to the old ways.

But the reality is that there is no option of 'falling back on comfortable ways'. There is no return to 'life before Coronavirus' and we have to learn to live with this virus and possibly others for a long time. Everything has changed and we need to prepare for the 'new nor-

So change will be thrust upon us whether we like it or not and I'm relieved.

The truth is that if it was left to me the big changes that need to happen

So where does this leave us with our youngsters? The youngsters I saw

two weeks ago came out of lockdown with a completely different mentality. Young humans are open-eyed and openminded. For me it is becoming clearer than ever



that, given the opportunity, they can become the change-makers and young leaders that we need. Margaret Morris is School Adviser at Escola Global



