Jonelle Sills — Covid 19: Arts Organizations and Self-Compassion

How has Covid-19 affected arts organizations?

What I've seen in the arts organizations that I either follow on Instagram or have worked with in the past, I feel that people have realized that: okay, we can't keep doing what we always do. Because (a), there's no audiences, so that that funding is gone, but we got to do something. So, it's great to see that arts organizations don't just want to close and just give up, even though maybe, that may unfortunately have to happen for some of them for now. But I feel that there's been a fight before, to give their communities art. And I've been really privileged to work with some organizations since the pandemic and provide art—during the summertime, we're able to do that outside. Yeah, so I feel that they're doing their best and people are really, you know, getting out of tradition because they have to and just being as creative as they can.

Having self-compassion during Covid-19

I guess like all of us, we're just taking it one day at a time—and just as I say this, just reminding myself to be kind to myself and anyone else who watches or listens to it, the same thing. And I guess, yeah, just trying to do my best and see wherever the opportunities that I have been granted, and just taking advantage of them and not taking them for granted. Because as we've learned is here, like, we don't have control over a lot of things, so I think that's a good thing because it kind of releases some stress. Sometimes it can add stress, but we got to find a way to navigate through that. And it just will take each of us a different pace, and that's okay. So, if it takes people one year, two months, five years, then that's what it takes. But I think it goes back to that like—survival of the fittest—which can seem kind of intense. But I don't think it has to be that intense, it's just like—what do you need to do so that you can be sustainable with whatever you're doing. Yeah. I think sustainability is definitely the goal. Because for me, I would like to sing until I'm 90.