

# Narrative traces in Corona times

## ‘Care for the carers’

### Searching for and sharing of small actions, from problems towards a community of ‘imperfect’ solidarity’

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1. Exploring the effects of the crisis (on the person, their beloved ones, their relationships, work and life)
  - How did this crisis infiltrate your work, relations, life,...?
  - Is ‘infiltrating’ an appropriate verb?
  - Or are some other verbs more suitable? (Seeping in? Rushing in? Occupying? Undermining? Passing by?...)
2. Naming the problems and their effects (dilemmas, ambivalences, overwhelming emotions ,...) in an experienced near way.
  - Considering these effects, how would you name what is happening?
3. Searching for small actions as responses to the difficulties, worries, effects... (in connection with the naming)
  - Small acts of living
    - i. What kind of small actions did you undertake to keep standing? To keep it livable? To not be overrun?
  - Small acts to cherish or hold on to what was important before the crisis
    - i. What kind of small actions did you install to hold on to what was important to you before the crisis? What do you try to cherish that was valuable or meaningful before the crisis? What do you try to preserve or prevent from getting lost? (and how do you try to do this?)
  - Small acts to stay involved, connected or loyal to certain people, groups, communities?
    - i. What did you do to stay connected? What kind of small invitations did you send to others? What kind of small actions did you take that are a testimony of your (relational) involvements?
  - Small acts to resist the intrusive effects of the problem?
    - What small acts did you take so these times didn’t a get a total grip on you, your beloved ones and your daily life?

- How come you didn't you completely accept the situation and you managed to resist the effects? What kind of small tactics did you develop together with colleagues, family,...?
- Small acts to keep running daily life
- Small acts of others that were supportive, offered a stance to go on,...
- Small new actions or discoveries
  - Did you do some small things for the first time since the lockdown?
  - When this lockdown is over... are there some small thing or actions typically for this time you want to keep or take with you?
- ...

#### Enhancing a sense of agency and embedding in relationships and contexts

4. Making possible intentions, values, opinions, principles visible in these small actions
    - What do these actions possibly say about what is important / valuable in life or in your relationships?
    - How would you name these things you are doing?
  5. Making the local knowledge and skills visible
  6. Scaffolding conversations and making these actions, values, skills and knowledge more relational and contextual
    - Did someone notice these actions or efforts or worries?
    - What or who made these actions possible?
    - Was it supportive to someone? Did it bring an advantage to someone? What has it meant to others?
    - How would they call what you did?
- Remembering en re-authoring conversations
  - Outsider witness
  - Spreading the news, sharing the skills and knowledge (consulting your consultants, the map of polyphony)
  - documents

How can this conversation inspire you and the important people around you for the day of tomorrow?