

Smallest Actions Can Have Big Effects

It's a quirk of human nature that a crisis can bring people together, bring out our best, and give our lives meaning. Sure, it can also bring out the worst in some damaged people, but we can acknowledge their existence then continue to ignore them as insignificant.

A threat to life, liberty, and property is terrible, but you can find some good in it if you look. People love to unite against a common enemy, whether it's a virus or grotesque alien overlords from a galaxy far, far away, Washington D.C., or Santa Fe.

Like them or not, the protests against the shut-downs are a show of unity between people who might otherwise have little in common. As are the hordes of people joining together online to complain about the protests.

There are others who ignore the political bickering; staying busy doing what they can to help. Legions of people are currently hunched over their sewing machines at home, whipping up face masks and gowns for those who want them. There are business owners all over the country exploring new ways to serve their customers, keep their businesses running and their employees employed.

What can you do?

Even if you don't quite know what to do, the smallest things can have big effects in your own life.

A walk in the sunshine and fresh air can make you feel like you're actively fighting the coronavirus. At least you're getting a little exercise, which is known to be one of the best ways to boost your immune system. Plus, letting others see you out doing something rather than cowering at home can encourage them that this is not the end.

Lending a hand when you find the opportunity has also been shown to help you while you help others.

I've been writing almost every day since 2006 to promote liberty and to encourage people to accept their responsibility to not violate others. Giving hope to those who value liberty, and trying to help people keep their heads together during these strange times, while others apparently want to stampede them, is something small I can do.

Do you feel as though your contributions to society are now more meaningful? If not, you may be missing out on something special. Something that will make you feel better while doing the same for those around you. It doesn't need to be something big. It's probably something you already know how to do.