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# The Window

Official eNewsletter of Panhandle Professional Writers  
d/b/a Texas High Plains Writers



## HIGH PLAINS WRITERS

April 2020

### *April Special Edition*

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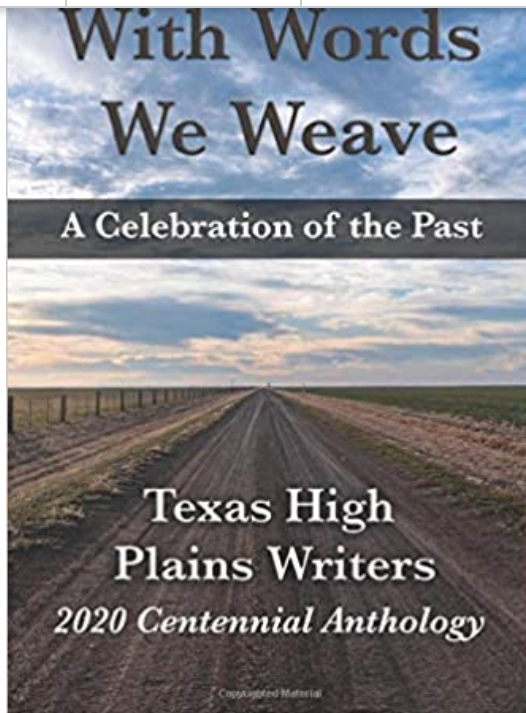
Anthology Update

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## We have a plan!

The Anthology is LIVE on Amazon - just click the image to buy. However, you don't HAVE to wait on The Great and Powerful Zon to deliver.

We have copies available!

Copies can be purchased from our website under the link "[Donations, Dues, and Contest Fees](#)" and then selecting "Donate". Be sure to enter in the "**Note**" field that it is for the **2020 Anthology**. The cost is \$10 per book.

Your books can be picked up from Janet Taylor's house **by appointment only**. (She lives near downtown Amarillo.). Books are available for pick up **after 6 p.m. Monday through Friday and on Saturdays and Sundays**, by appointment only.

To request an appointment, text Janet Taylor at 806-282-1227 or leave her a voicemail message. She will get back with to schedule an appointment time. Once a time has been confirmed, about 10 minutes prior to the appointment, she will place your book(s) in a small paper sack and place the sack on a shelf of the plant rack on her side porch -- keeping us all safe from contracting the Coronavirus from one another. :-)

We assure you the books will be handle with washed & sanitized hands each time.

**NO CASH PAYMENTS WILL BE ACCEPTED!!**

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## *ArtsFest Rescheduled for April 17 – April 18, 2021*

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## Save the Date

### *Centennial Celebration & Dinner Theater October 10, 2020*

***Laura V. Hamner: A Spinster on the Prowl*** – A one-act play  
by Mike Akins, member of Texas High Plains Writers and local author.

Linda Broday will be our Keynote Speaker. Linda is a USA Today and New York Times bestselling author, Amarillo citizen, and esteemed member of Texas High Plains Writers.

**A catered event. Details and ticket information pending**

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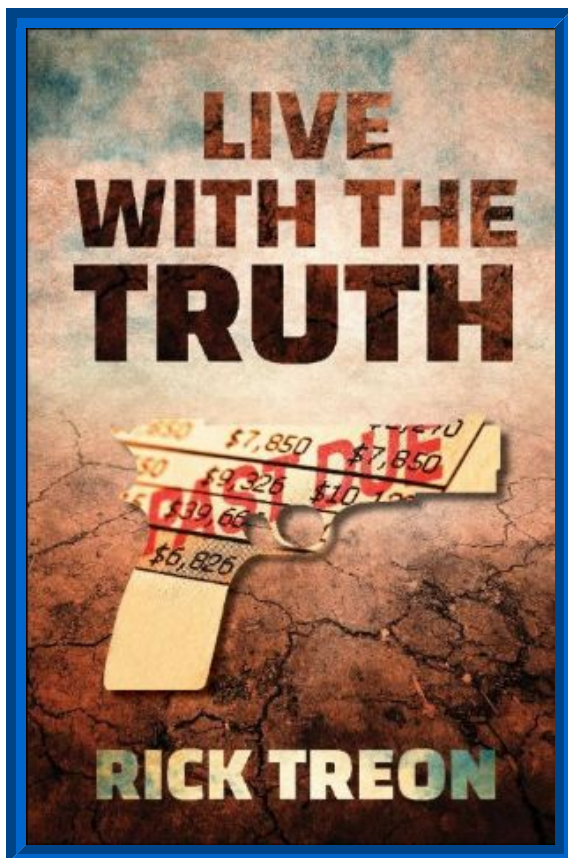
*Live With the Truth*, the novella prequel to Rick's new series with Fawkes Press featuring true crime writer Bartholomew Beck. available as Kindle ebook, April 1.

Rick's first novel in the Bartholomew Beck series, *Let the Guilty Pay*, is available to pre-order in paperback and ebook wherever you buy your books.

[Amazon](#)

[Barnes & Noble](#)

***The book releases wide on July 4.***



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The Award Winning series now  
ON SALE just in time to cure the  
Quarantine Fever!



## ***MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE***

compiled & edited by KR Borman

1. **Stick to a routine.** Go to sleep and wake up at a reasonable time. No sleeping until noon. Make To Do Lists for work and self-care.
2. **Get Sun & Air, for at least 30 minutes.** If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
3. **Get Moving, again for 30 minutes each day.** If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!
4. **Reach Out, you guessed it, at least once daily for 30 minutes.** Try to do FaceTime, Skype,

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5. **Stay hydrated and eat well.** This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

6. **Give everyone the benefit of the doubt, and a wide berth.** A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

7. **Everyone find their own retreat space.** Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

8. **Lower expectations and practice radical self-acceptance.** We are doing so many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call "radical self acceptance": accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

9. **Limit social media and COVID conversation**, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and **set a time limit for yourself on how much you consume** (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

10. **Notice the good in the world, the helpers.** There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

11. **Help others.** Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

12. **Find something you can control, and control the heck out of it.** In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

13. **Find a long-term project to dive into.** Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

14. **Engage in repetitive movements and left-right movements.** Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc) especially left-



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15. **Find an expressive art and go for it.** Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

16. **Find lightness and humor in each day.** There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

17. **Reach out for help—your team is there for you.** If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

18. **“Chunk” your quarantine, take it moment by moment.** We have no road map for this. We don’t know what this will look like in 1 day, 1 week, or 1 month from now. Engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

19. **Remind yourself daily that this is temporary.** It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

20. **Find the lesson.** This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

*Meetings are held on the third Saturday in odd-numbered months: January, March, May, July, September, and November.*

*Meetings are open to the public and everyone is welcome. There is no fee for members of Texas High Plains Writers to attend our regular bi-monthly meetings. A \$10 fee may apply to nonmembers.*

*(Note: We must occasionally switch our meeting location, or we may need to change the date to avoid conflicts. So, please check*

*Our meetings/programs follow this schedule:*

**Check-In and Meet & Greet**

9:30 - 10:00 a.m.

**Business Meeting**

10:00 a.m. - 10:15 a.m.

**Program/Presentation**

10:15 a.m. - 12:15 p.m.

**Lunch On Your Own**

12:15 - 1 p.m.

**Critique Session, if Announced**

1:00 - 3:00 p.m.

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Byline and credited articles represent the views of the authors. Publication neither implies approval of the opinion or the accuracy of the facts stated. We welcome submission, news, member announcements, and any information that might be of interest to the writing community. We will happily promote new releases and book signing events for THPW members.

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