Working Together While Being Apart: 
A Pandemic Life

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Zoom or Teams?
We aren’t
A team
Me. You. Them.

Bright screens
And open tabs
Alone
Each of us.

Maybe at home
An office
A couch
A bedroom.

Surrounded by
Heavy news
Family, pets, plants
Other responsibilities.

Maybe not fully alone
But certainly
No team
Bing!

Reminder:
Meeting at 10:30
Rushing
To make it.

Sign in
Or find the link
Buried amongst
Endless emails.

Video on?
Video off
Mute,
Unmute
Mute again.

I’m struggling
Reminding myself to care
For the work, for the “team”
For myself.

Myself
I repeat, myself
Where is the “bing” for self-care?
Bing!

The day, today
Repeats
Remaining connected
While being apart

Zoom or Teams?