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Thoughts on Life in P.10  
the Time of Covid-19

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THE STRAIN the coronavirus is placing on lives is immense. The past weeks and months have been a challenge for everyone, and yet it is still not over.

We are all severely affected in our daily lives, some more than others. With so much uncertainty in the country, including a seemingly growing economic recession and financial desperation, it is easy to become frustrated, scared and downright angry.

When the impact of Covid-19 and the lockdown regulations dawned on my wife and me, we made a determined effort to not let confinement cramp our lives. We made some adjustments to our daily routine.

Shopping for food and other necessities is done only once or twice a week. Very early shopping follows after taking our dog for a brisk walk followed by another outing in the late afternoon. Both these walks provide enough exercise for the day. We are blessed and thankful that we can do so.

Thousands of other people have to cope with issues on a daily basis of which we have no concept or experience and in whose shoes we would not have been able to stand.

Although we are rightly concerned about the severity of this global crisis, we try to cope with our anxiety in healthy ways. We try using moments during the day to reflect on the good in life and to be as productive as we can while accepting the limitations placed on our movements and freedoms.

From the start we accepted the inevitability of the situation and that we could do



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absolutely nothing to change it. In making the best of a situation that is bad and negative for every person in one way or another, we carry on with our daily lives practically as before.

The adjustments we have made have been minimal and are not as severe as for those who face disabling circumstances at an increasing frequency on a daily basis. I do my research and write articles for international journals relating to my recently published book. I also assist university students in foreign countries via virtual lectures. I am able to do this within the confines of my study – basically the same as pre-Covid-19.

It is also a time that enables us to reach out to friends and relatives – although not physically, but by way of modern technology. (Has enough thought been given to the positive role that WhatsApp is playing to keep people close to each other during these trying times?)

Equally important is the time that is now available to pursue that for which we had little or no time during the hectic days of a now bygone era. To read more. To do more cross-word puzzles. To

improve skills at Sudoku. To watch favourites on YouTube.

Then there is music that inspires. Listening confirms the saying of the German poet, Berthold Auerbach, that is perhaps even more true today than when he said in 1875: Music washes away from the soul the dust of everyday life.

Time for reflection results in finding words of wisdom and encouragement like those that Pope Francis preached a few weeks ago. Reading them confirm that they are indeed balm for the tired soul and consolation for the desperate heart:

*You can be anxious and even be angry, but do not forget that your life is the greatest enterprise in the world. Only you can stop it from going bust. Remember that to be happy is not to have a sky without a storm, a road without accidents, work without fatigue.*

In years to come, we may look back on this period and remember it for the good moments that allowed us more time to spend with our loved ones and ourselves rather than run the race of time and for money.

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