

MAT EDITION

BUZZING WITH...

Survivor, did you sleep?
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Survivor, did you sleep?

Was it well?

I pray it was.

Last week I digested nearly 85 hours of sleep after the massacre in Uvalde, Texas. The hours represent far more than the recommended hours of daily sleep. During my first four hours of snoozing, my head rested on a Serta firm from guilt. It seemed as if I should have been on social media shouting- or lecturing my sweet daughter about how important it is to be diligent about her surroundings. Maybe torturing my eldest with the poetic, “This is why I’m so overprotective...” My sister and friends checked in to see how my heart was holding up. They know me well. As an empath, I drink- and often drown in the emotions of others. The news of the mass shooting hurt. It ached. It was heavy.

And after crying like the rest of our nation, I went to sleep. And slept. And slept. And slept.

The quick embarrassment I experienced from “sleeping it off” came from one place and one place only. As a heavy advocate against hustle culture, I did not realize that there were residuals of grit and resilience obligations resting inside of me. Somewhere I, like many survivors, feel the need to

silence our suffering or wake up with an advocate's heart when something society deems more traumatic occurs. Perhaps the notion that if you are alive, you are luckier than the one who isn't, is true if there was some unofficial ranking of fortunate circumstances. However, a beating heart doesn't outweigh a weary spirit.

I'm sorry if there were times when you didn't sleep when you needed to. Mostly, I'm sorry if I, or anyone else who is a contributor to grit/resilience/grind culture made you feel you couldn't...or shouldn't do what your body and spirit were naturally inclined to do.

I am sorry you say "sorry" when your cluttered brain justifiably forgets something you thought was important.

I am sorry if you were ever told to "push through it" instead of "sit in it".

I am sorry if your friends who proudly post their color-coordinated calendars online are viewed as the pinnacle for productivity instead of the captives to "busy" they may be.

Slumber is a solution. Sleep is often the only feeling we can make space for. And rest is resistance.

Sleep, Survivor.