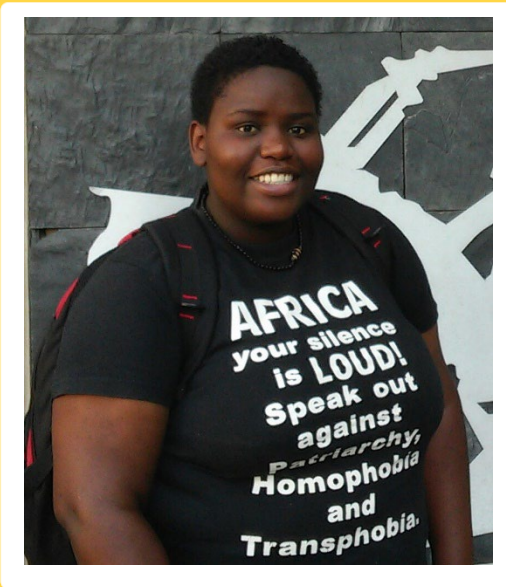


# Higher Education 2020



## Princess Alice Sibanda

*Chosen by Canon Collins Alumni as the 2018 Scholars' Scholar, Princess Alice is an activist, artist and academic. Her PhD research focuses on "Reclaiming Sex Workers Humanity and Dignity through Popular Participatory Theatre".*

### **This is not a writing retreat, this is a war that we have to fight in stillness with stillness**

Corona stole me from myself, but today it feels like I am alive again. The Corona scare sits in my bones still. The uncertainty discomforts me. But enthusiasm runs through my veins too. The latter more. My mind is less clogged. My PhD thesis has become my new obsession. Finally, the silver lining in my sight. Perhaps it was always there but I shall not beat myself for having seen only the dark cloud. It is only human. Today, my story reads nothing like gloom. It spells something like calm. My recipe is simple – I journal my feelings weekly, call home every other day and walk around the yard when my limbs allow. Most importantly, I have cut down on news and avoid/ delete unhealthy threads on social media. This combo has ushered me to my sanity. Trust me, these weeks without teaching drama, sitting by the pit with my friends or having the Badgers basket has been a pain for this extrovert. But I am not drowning. I am floating just fine! Keep sanitised and hydrated. Peace, love and light.