



Week Twenty Four



PERSONAL

How has the start of 2021 been for you? It seems that the only thing certain in our lives is uncertainty these days. It has proven hard to plan ahead despite our best efforts with the unpredictability of Co-vid and humans. It would seem a timely thing to do to check in with ourselves as to how we can cope with uncertainty, especially to protect our mental health.

If viewing what others are 'supposedly' doing on social media is causing your anxiety levels to rise, then it might be a good time to take a break away from social media. If the truth be known many of the people posting are just hanging in there by the skin of their teeth and are not really coping as well as they are making out. Try not to compare your life to what you are seeing especially if you cannot verify the truth of the circumstances. You might just be allowing yourself to feel like you are not coping as well as the other person is when it in fact it is not the truth. Be honest with yourself, pretty much everyone is having a challenging time coping with Co-vid life so why not give yourself a break. Be gentle!



A really good coping strategy is to write a list of the things you can control and the things you know are certainties (Tuesday will follow Monday etc.). Add to this list as you are able and keep it handy for the wobbly days.

COMMUNITY/NEIGHBOURS

Many of our neighbours and fellow community members are still struggling with the changes that have occurred in their lives due to Co-Vid. Loss of jobs, loss of loved ones due to Co-vid, reduced work shifts, the imminent reduction in Jobkeeper payments and mounting financial stress to name but a few challenges. What is happening in your local community to celebrate Easter, Passover or Ramadan this year? Have you checked out your council website, local church or library? Not religious? No big deal. You could still offer some food items to those who are doing it tough during these festivals? Would your neighbour appreciate a hamper from your garden or a small offering from your kitchen to make this time special? Just a few questions to consider if you are traveling better than some others in your community. Never forget that kindness is catching!Bookings still essential.

