



## Love in the Time of Corona

One of the things perhaps more contagious than a virus is fear. Sometimes fear is unwarranted. But what happens when it is? What happens when we live in a time of anxiety and uncertainty and yes fear?

First we should acknowledge that to a degree the “fear” response is a good thing. It protects us. It keeps us safe. It warns us when we are entering an unsafe environment or relationship or decision.

So it is ok to be anxious. And afraid. And to acknowledge that we live in uncertain times. It’s ok.

But, (*isn't there always a “but”?*) it can also be overwhelming. And that can lead to bad decisions. Panic. And a paralysis of the spirit and soul.

So let’s all take a deep breath. Yes. Let’s all breathe. Mediate. Hit the pause button. Read a book. Listen to music. Watch a comedy. Distract. And embrace moments of calm.

I am not saying don’t watch the news. But perhaps we should not obsess over it. I am not saying don’t change behavior to help suppress the virus.

But (*and isn't there always a “but?”*) perhaps we should also change other behaviors... like

Look for opportunities of small acts of kindness. Write a letter to a friend or a family member. *A real honest to goodness letter.* Phone a friend. Or a loved one.

Look for opportunities to catch up on all those things that you had procrastinated around the home. Clean up, dust up, file, declutter. Heck, we even have a holiday coming up where this is part of our ritual – Passover.

Last thought for the moment. If we spent as much time trying to heal the world; clean the world; bring the world together as we have spent dividing the world these past few years, I think we will have learned a very important lesson. Stronger Together is the only way we can beat this virus. And we will emerge...Stronger, Together.