



‘Where Do We Go From Here In Our COVID Story?’ — SELF-CARE BLOG POST

By nicespeechlady.com / October 7, 2020

It has been about eight months into our COVID-19 journey as a nation, and as a world, and I think it’s important to take pause periodically and perform an inventory. Where do we go from here, based on what we have gone through, and what we have in store?”

We have all been touched by COVID-19 in some way, no one is immune — many of us impacted to a greater extent than others. For many, the effects of COVID-19 have been sobering. We have had to have our lives turned inside out and upside down to adapt to the changes that have come our way because of the pandemic.

The good news is that we are surviving this.

The challenge is to know how to proceed as effectively as we can as clinicians, as family members, and as individuals. How do we pick up the pieces and move forward?

I would say that in the midst of marching on through another day, another week, another month of challenges that face us because of COVID-19, and with the ever-changing target whose mark we try to bulls-eye — we can take opportunity to reflect on how we have endured through all of the struggles thus far and we can continue to journey ahead, through even this.

There are some that have lost loved ones, lost patients, lost income, lost jobs, lost out on opportunities that they thought for certain were coming their way; the list goes on and on. Acknowledging this loss and finding our way to cope with these effects are important parts of moving on. We have to face and honor the struggle so we can recognize it, see it for what it is, and then find a path toward taking the next step forward.

Some helpful ways to perform such recognition of change which has presented itself because of COVID may include:

- Journaling. Writing allows us to complete a processing that we cannot do any other way. We are giving opportunity to reflect on how we desire to categorize our thoughts, emotions, and how we want to file experiences away in our perspective. We cannot process it if we cannot “get it out,” and writing is a very good tool for this purpose.



Questions to ask ourselves:

- How has COVID-19 impacted me in the following areas?
 - Family life
 - Work life
 - Finances
 - Stress
 - Leisure activities
 - Spiritually
 - Emotionally
 - In finding equilibrium in life in general
 - Other
 - Is there an impact that COVID-19 has had on my life that I need to acknowledge in a special way, processing it systematically so that I can find a way to move forward?
 - Is there an area in my life that is “out of balance” because of the impact of COVID-19? What options do I have in order to address it?
 - How can I be there for others who are struggling to move forward in their lives because of COVID-19?
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- Talking to a friend. I would encourage everyone to take pause and reach out to a special person and open-up about how COVID-19 has impacted you.
 - Contributing. Finding a cause that we can contribute to that involves community and involves more people than just ourselves can be rewarding and fulfilling, and we know that we are doing what we can to help others cope, too.
 - Taking pause each day to “check in” with ourselves to see how we are feeling, or taking time each week for a deeper analysis might be helpful, too.
 - Other. There are other options available, such as seeking out professional help such as a counselor, pursuing sessions with a life coach, or meeting with spiritual leader, etc.

No matter our differences, we all have been impacted. And, we can get through this.

Finding ways to manage the individual impact of COVID-19 on our lives frees us to be there for others and provide support to effectively perform the role on the path of the people’s lives we touch.

Thank you for reading. I wish you peace as you search, journeyer — today, and every day.



Nice Speech Lady



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