

15 May, 2020

Sneaky Stress

"My help comes from God, the maker of heaven and earth." Psalm 121:1

Dear Ones,

I couldn't sleep the other night. Midnight. 1 AM. 2 AM. Sigh. Usually, I am a champion sleeper – but not last Saturday.

And this morning Norah mentioned to me that she just didn't feel like going for her run. Or even getting out of bed!

Are we turning into sloths? Or bats? Creatures from the black lagoon?

Nah. We are exhibiting normal, totally understandable signs of *stress*! Good old stress. Even if you are well housed, and well fed, and not sick, and your loved ones are safe... *even if* the worst thing that has happened is that you have had to stay home for a couple of months... it is still really, really stressful.

Stress changes your body chemistry, your thinking, your sleep habits, your metabolism, even your blood pressure.

I can't cure your stress (where is my magic wand??), but I can help you to keep it in perspective. I have it. You have it. The world has it. It's just... the way it is right now. So, as much as you are able, *be kind* to yourself. That voice in your head? Make sure it is gentle with you. Think of your body as a beloved pet – and care for it with compassion. And cut it some slack... things won't be this way forever!

Saturday night I hauled out my novel and gave myself permission to read. This morning, Norah walked instead of ran. You can do it, too! Be nice to your very best friend... yourself.

Grace to you, and peace,

Kate

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Why The Coronavirus Is Triggering Mental Health Issues:

