

# *A Love Letter in the Time of a Pandemic*

Dear \_\_\_\_\_ (*your name*)

It's been a while since I checked in with you, and vice versa. The pandemic became the center of our lives and a major distraction. So much has changed in our outer world that may be affecting our inner world. Depression. Anxiety. Grief. Walking on eggshells. Fatigue, both mentally and physically. Confusion. We've suffered tough losses, some that may be painfully fresh. You may have lost someone or multiple people.

...The thing about storms is that they eventually pass. And the sun comes out once again. It takes time. Can you hold on until the sun starts to shine on you again?

Take some time to remind yourself of the positive traits you have that make you special. List them here:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

You don't have to isolate and stay in the house forever. Explore outdoors, socially distance, mask up, and find a new hobby. Dress and feel your best, no matter what is going on. Wash yourself up and brush your teeth. Do your hair, even if it's just in a bun. Get fresh. Breathe the fresh air and talk to your Higher Power.

Do what you must to protect yourself and those who are still here who you love. It may not be best to be indoors with others right now for extended periods of time, but you can still explore nature. Mother Nature is a calming force and sunlight is the best disinfectant.

I'm concerned about our mental, emotional, and overall wellness. It's important to show love to yourself even when no one else seems to do so. Recognize your resilience and build on that. Love yourself. Love me.

Laugh at yourself, others, and life in general to stay grounded. Make choices that promote YOUR good mental, physical, and emotional health. Follow your own instincts, not the words and pressures of others.

There are things going on behind the scenes that you can't see that can work in your favor in time \_\_\_\_\_ (*your name*). Continue to be a decent person even if it seems to reap no rewards.

Get out there and do the things you love, safely of course. Get in touch with Mother Nature. Talk to your Higher Power. Make your favorite foods. Read and listen to positive messages. Exercise and stay active.

Tables tend to turn over time. You may feel alone, abandoned, and shaken up now, but one day in the future you could be surrounded by abundant expressions of love, attention, and appreciation. You are a special person with lots of potential. Negative people? Put them on mute.

Know that even in the face of a pandemic, or any other challenge, you can be and will be all right.

You are important. You are lovely. You matter. And you still have a purpose for being here.

Now give me a hug.

*I Love You,*

\_\_\_\_\_ (*your name*)

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