

There's a good facebook post going round at the moment, that says this:

As governments are trying to figure out how to ease back in to a new normal, please remember:

 Some people don't agree with the suggested re-opening.... that's okay. Be kind.

 Some people are still planning to stay home.... that's okay. Be kind.

 Some are still scared of getting the virus and a second wave happening.... that's okay. Be kind.

 Some are sighing with relief to go back to work knowing they may possibly save their business or their homes....that's okay. Be kind.

 Some are thankful they can finally have a surgery they have put off....that's okay. Be kind.

 Some will be able to attend interviews after weeks without a job....that's okay. Be kind.

 Some will wear masks for weeks....that's okay. Be kind.

 Some people will rush out to get the hair or nails done.... that's okay. Be kind.

 The point is, everyone has different viewpoints/feelings and that's okay. Be kind.

We each have a different story. If you need to stay home, stay home. But be kind. If you need to go out, respect others when in public, and be kind.

Don't judge fellow humans because you're not in their story. We all are in different Financial - and - Mental states than we were months ago. So remember, be kind.

Which got me thinking this:

When people lose someone or something - its called bereavement. And to deal with that loss we go through a process of feelings and emotions in order to rebalance ourselves, or heal. That is called grieving. The stages of grieving have been understood for a long time - denial, anger, bargaining, depression and acceptance - but people used to think we had to go through them in order, whereas now we know that we dip in and out of them depending on how much we can cope with, until we have done the work in all of them. I am telling you this because clearly we have all suffered a huge loss because of this virus. Loss of freedom, loss of money, loss of health, loss of love, social time, fun, loss of confidence or security, loss of hope - to name but some. And so we have been going through these stages of grief, and we will continue to do so. Some have been in denial about it - I'm going to carry on as normal, nothing's changed. Some have been quite depressed, some have just accepted. Many of us have bargained - if I stay in and keep to the rules then life will go back to normal by July, or September, or Christmas?

Anger has been harder to express. We know there has been a rise in domestic violence, which is related. But it seems that we are now entering this stage of grief. The great trust in the government and support in the first few scary weeks, has passed as we feel safer, and slightly more in control. Now we want to be angry and so we turn to look for people to blame - so it must be the government, or foreigners, or mobile phone masts. Sadly after this lovely time of coming together and supporting one another and feeling connected there will be a time of letting out anger. And it won't be rational or right, and it is part of our healing, but I wish it could be done safely and without too much hurt.

And just because we know it is part of the grieving process does not make it any less real or legitimate, but because we have the understanding, it should make us less judgmental, more sympathetic, and kinder to ourselves and others.

All this does not take away from holding the government and others to account, or seeing where mistakes have been made, but that needs to be separated from the heat of an anger which is simply us healing.