



“When we accept tough jobs as a challenge to our ability and wade into them with joy and enthusiasm, miracles can happen.” – Arland Gilbert

Having a mental illness during a pandemic = tough job.

During this past month I found this quote something I leaned on more than ever before. As we were faced with many abrupt changes to our daily routines, as we were required to socially distance ourselves from our friends and extended families, as we were also required to socially distance ourselves from our clients and peers, I stepped up to the plate (as did everyone else! THANK YOU!) I found my strength. I had to dig deep and make uncharted changes. I had to hunt for toilet paper like everyone who didn't take this situation seriously in the beginning but the one thing I tried to hold true to was my selfcare. I found that as I allowed myself time to color, chat with friends and family (even over video chat) and kept my routine as close to normal as possible (getting to bed on time and taking care of my daily hygiene tasks and meal times) the less stressed I felt about all the other changes that were coming to my daily life. Work from home a half day, come to the office a half day, meet with a peer but from 6 feet away... all those things were easier to manage because although they were out of my control, I had kept control of the things I could.

I have a choice, I can succumb to the chaos, hide from my responsibilities and let the not so nice parts of my mental health take over or I can embrace my situation and forge ahead. During all this I have had the privilege to spend

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more time with my kids, learn different technology resource like Skype and Zoom, I have discovered new hobbies and I have also continued to work on finishing my social work degree. I know we are all faced with uncertainty at this time and no one knows when it will be over but like the quote say if we wade through this with joy and enthusiasm, we may see MIRACLES we have never imagined.

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