

“Stay sane while staying at home”

It's quite easy to feel rundown at the moment, especially as a disabled person. Most people in this world have at least one problem. What I've seen and heard, is that some people can speak for hours about their problems!

It is true that many people with a disability, such as mine, often feel extremely lonely. This is because they're battling their new-found difficulties, while their previous friends have 'moved on' in their lives.

Personally, I have lost many things such as the ability to walk, balance, remember quite well, etc. but luckily I haven't lost my positivity!

What makes me happy, is the knowledge that it's so easy to smile. A smile doesn't cost anything and is an act that can be done on one's own.

Laughing to oneself or of oneself doesn't require great intelligence.

During the last few months, many people have been drastically affected by the Covid virus and while it's difficult to speak favourably of a pandemic, it's not so hard to become accustomed to this lockdown lifestyle, if one isn't used to leaving their house very often.

For me, the simple act of waking up healthily every day, brings me joy! This statement can seem ridiculously simple, but it's such a great feeling to know that one can be happy, in the right mind-frame! I really adore reading a good book. It's great to read about other people's lives.

Additionally, for me an important part of staying sane at home, includes watching my favourite TV shows and getting some free endorphin hormones, with a little bit of exercise - ideally in the sunshine!

People should always remember what they have as oppose to what they don't. This works for me.

Anat