



**Today**, during the situation that we all find ourselves in, I keep busy, making sure that I achieve something every day and maintain a certain structure, which involves exercise by walking 3 miles a day. It's not a new thing, I've been doing the same walk every day for nearly 4 years.

If you're like me when some of you are out, you will see a minority of people not necessarily behaving in a way that is supportive of the national effort to get rid of this thing, preventing the illness and death that we are seeing every day and getting back to some semblance of normal life.

The reaction from many of us towards these people is interesting. There is a lot of anger. I mentioned anger as part of the grief process in a message that posted recently. If you find yourself with this emotion, the question that you should to ask yourself, and me to myself is this. What is that anger actually based on?

**Why are we angry?** Notwithstanding the obvious answers of infection and support of the people on the front line, is it because we are personally making personal self- distancing sacrifices and limiting ourselves to the one period of exercise, only to see people openly behaving in ways that are in defiance of what is demanded of us? Perhaps you feel that it's just not fair they show total defiance without any real recourse?

Is it because you feel that people are showing total disregard to the community and should obey the rules? Can it be because you too want to be free to do what you want to do but don't have, within you, the arrogance that they display and are therefore frustrated?

Or is it the fear that comes with uncertainty that is manifesting itself into the emotions that you are feeling right now, which is why I mentioned the 5 steps of loss or grief?

I just think that you shouldn't stress yourself over it. Getting angry about it just adds to making you ill and perhaps not lending itself to you managing yourself in this situation. Whilst you're making yourself angry and anxious, they don't care.

Leave them to it. You can't change them and if you confront them you may find yourself in all sorts of bother. Remember, all actions have consequences. Take responsibility for yourself and your behaviour and you will get through this.



**Imagine** that you are near the end of your life and you're happy and content. A great grandchild loves your stories about the old times, especially the great coronavirus of 2020. The child asks you about what you did to help in the national effort.

*What will you tell them?*

*What will you say?*

*What do you want them to remember about you?*

*Is the answer different to how you're currently behaving?*

Be the change today that you want to see. Be the person that you want to be remembered for?