

April 22, 2020

# Now's the Time – Getting through this Pandemic Marathon

We are deep into the reality of this global pandemic. It's been impacting other countries now for months and, for us Ontarians, we're into our 6<sup>th</sup> week (according to my calculations.). We're in the middle of the marathon...



## How are we doing?

At this point the novel parts of the pandemic, the social distancing and the shelter-at-home measures are long gone. We miss hugging our friends, going out, getting haircuts and engaging in our lives. We are getting antsy, bored, restless and frustrated. Although there is some talk about things changing there are no definite answers and the future is still unclear.

If we think about this as though we were running a marathon the starting line is far in the past and the finish line is not in sight. We are in the middle of the marathon, still putting one foot in front of the other, but feeling tired and wondering how and if we'll be able to get to the end.

To get to the end we cannot give up. Now is the time to double down on what got us through in the past and to remember what it takes for us to thrive.

## Now's the Time: Remember, Re-Engage and Recommit

When we get tired and discouraged it can be easy to forget to do those things that help us to be our best. We may abandon helpful practices, forget to balance our thinking and give in to negativity and pessimism. In the middle of a marathon we may be tempted to give up and sit on the side of the road (or in front of a screen.)

It's *when* we're feeling tired, discouraged and down – it's in the middle of the marathon – when we need to remember, recommit and re-engage the most. It's easy at the start, it's required in the middle.

- **Remember** - At the beginning of the Pandemic and/or before the pandemic even began what put a smile on your face? What inspired you? What gave you a sense of meaning, purpose and connection?  
Bring these things to the fore front of your mind, re-read inspiring articles or posts, laugh again at funny jokes and reach out again to those around you and around the world
- **Re-Engage** – In the middle of the marathon it's time to re-engage with practices that give energy, hope and inspiration. Re-engage with self-compassion, gratitude, humour, moving your body, going outside, eating well, listening to music, dancing in the kitchen and anything else that has become dormant or slipped out of use.
- **Recommit** – Take a look at goals and aspirations that you had before the pandemic began, how have those changed and how can you recommit to them. Think about what you've learned about yourself, others and world over these past weeks and how you want things to be when all of this is over. Commit to bringing that learning into reality.

---

*Remember, Re-Engage, Recommit*

---

This marathon isn't over and now, in the middle of the marathon, is the time to remember, re-engage and recommit so that we make it to the end.

