

Musings by Mufty January 2022

Covid-19 and your Mental Health is on Albert Health's website. They write: "*A public health emergency, like the COVID-19 outbreak can be stressful, especially for people who are separated from friends and family.*" fa It's been awful. Some of us have better inner resources than others and I have to say the big thing that has kept me as sane as I am is photography.

It has nourished and sustained me through these last two difficult years; nourished me by giving me purpose and sustained me with Zoom meetings. I loved the outdoor Photo Fridays when we gathered together, (six feet apart,) and photographed a location. Then a picnic lunch outside to B.S. with one another about our great shots or new equipment. Then seeing one another's work on the Facebook page.

This fifth wave is testing my stamina. This new year of 2022 brings the tedium and stress of repeated covid restrictions. My inner resources seem to have vanished. How easy it would be to join the Photo Friday group for lunch indoors in this bitter weather with an almost forgotten camaraderie fueled by our common love of photography. How easy it would be to invite that neat young couple from apartment #207 to join us for supper to hear of their interesting lives. How easy it would be to have our grandsons family in for lunch.....BUT

Their children are 8 and 6, back to school where the omnivorous Omicron is rampant. The young couple work in health care where Omicron is rampant. The photographers are travelling where Omicron is rampant. And so, I retreat once again to my apartment, my good husband, my TV, my iPad, my computer and my photography. I draw on whatever inner resources I have left to stay sane, to face down impending depression, to nourish and sustain. To cope.