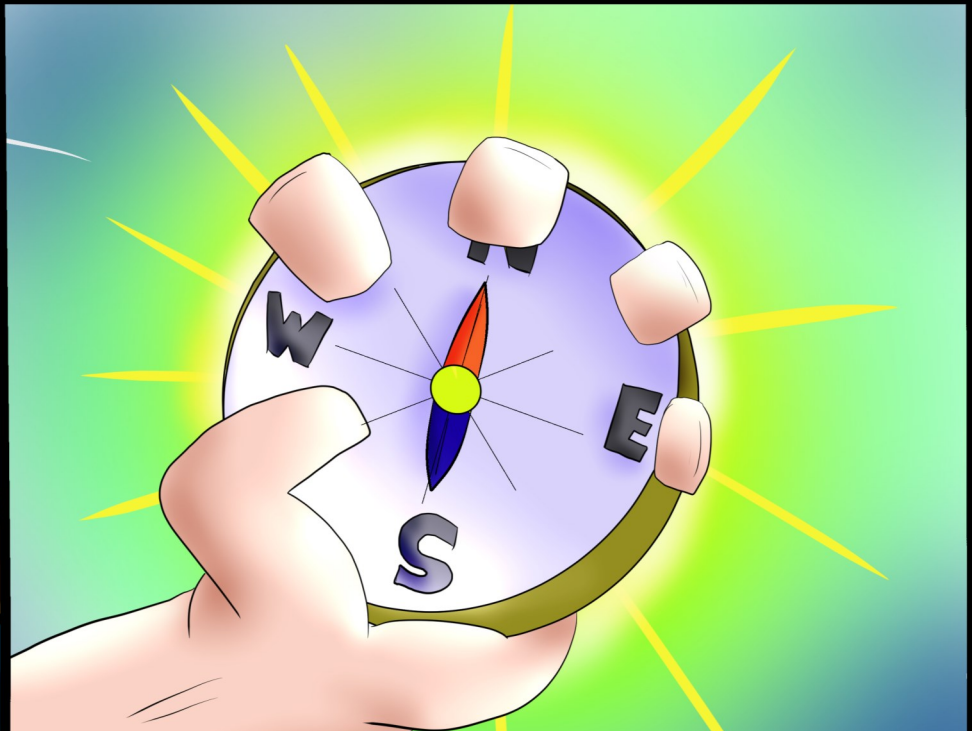


COVID-19 is a storm. Changing the world around us, taking up vision and our time.



When our boat is rocked we can feel off-balance, uncertain, scared or confused.



At times like these it is important to ask ourselves: "What is important to us?", "Why do I want to do this?"

"What is the cost of spending all of my energy fighting a storm and what could I be spending my energy on instead?"



These feelings can tell us that all we can do is hold on. That we can't feel like this AND do what matters



It is important not to lose sight of what matters to us. When there is a break in the storm, and there will be, are we able to carry on doing what is important to us?