

## **Here we go Again! How to Handle Covid Stress 2.0.**

**By Ilana Dixon**

Over the summer we were visiting our children and grandchildren, and stopped at one of the Turnpike rest stops. At one of the kiosks, I bought an FAU Owl mask. Originally, we were told that if you have your shots you don't need to wear masks. I am vaccinated, and the Covid statistics were low. I remember thinking this is probably a waste of money, but the mask was really cool and I could not resist. Well here we go again, it is now recommended for us to wear masks, even if you have been vaccinated. I have come up with some ways to navigate the Covid roller coaster that helped me. Perhaps they will help you.

**Get out of the box:** I have to confess that I got used to going to shul in my pajamas, as I watched Shabbat services on the website. However, when I went to actual shul it was such a different experience, and truly wonderful. Thanks to Rabbi and Cantor, my neshamah felt at home, and I was davening with true kavanah. My husband said it was nice to see old friends. We were both thrilled, and we plan to make more of an effort in the future.

Another way to get out of the box is to go to a movie theatre or drive-in movie. We enjoy Netflix as much as the next person, but when we went to visit our son Daniel in Gainesville, we saw Black Widow. (A Marvel superhero action adventure). Frankly, I had no clue what was happening in the movie, but the whole experience was amazing! I highly recommend a true movie experience with any movie of your choice.

**Read, read, read:** Whether it is fiction, or Torah study or any genre for that matter, reading is a great way to get out of your head! The Sisterhood Book Club always has great recommendations for books as well.

Lastly, go outside and get in touch with nature. My idea of nature is going to my community pool and schmoozing with the neighbors. Whether it is a night time romantic walk with your other half, the beach, or going on a nature trail, going out is a great escape.

I hope you found my suggestions helpful. In the words of Dr. Joyce Brothers, “Cherish everything in your day that contributes to happiness: Spending a special moment with your child, drinking a cup of your favorite coffee, joking with a coworker, saving a rosebush from destruction. Happiness hides in life’s small details. If you’re not looking, it becomes invisible.”