

Finding Peace in 2020

Written by Rachael Hunter

I think it's safe to say that 2020 has had its fair share of downs and very few ups. From the start of the year, we have been plagued with the Coronavirus pandemic which has had devastating effects worldwide.

With so many uncertainties, unanswered questions and worries at present, we can't help but wonder how we will get through this in one piece?

If this year has taught me anything, it's that it's the little things that mean the most. I believe we must embrace every moment and every good thing happening just now. Those little moments of silence, the warmth of the sun on our faces, fully stocked shelves in the supermarket, our children's laughter, a cuddle from someone special, a good book or even just a smile from a stranger. Anything to help remind us that we are OK and we will get through this.

We must remember that everyone is fighting their own battles. We are all human and it is this that connects us in the good times and the bad. We all feel, we all hurt and we all worry - whether or not we choose to show it. It is vital we come together and unite as humans with a love for one another, for peace and for life as we know it.

Life will always set us challenges but they will pass. Our lives and circumstances may inevitably change but if we continue to be kind, patient and understanding with one another and with ourselves, we can come out of this stronger than before. By aiming to focus on the positives, being grateful for the simple things and embracing our differences we can overcome this. Our challenges may not be over but we can choose to show up and get through it together.



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