

Wellness Wednesday (but on a Thursday) 2/27/20

Field testing got me off track with our Wellness Wednesday memos but i didn't want to skip a week. So it's Therapeutic Thursday maybe?

This won't be a long memo but I wanted to chime in with some thoughts on the current fears around the coronavirus. You can't scroll through Facebook, turn on the TV or read a newspaper (do people still do that?) without seeing a story on the virus. It is frightening but we should be careful not to let fear steal our peace.

The CDC says the best precaution we can take right now is hand washing. Simple enough. Is it wise to make other preparations, possibly but don't let the fear of something out of your control take control of your life. After all, stress weakens our immune system.

