



# Family Law

CALL US - BEFORE  
YOUR EX DOES!



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LAWYER

## Q

This Covid-19 pandemic is dragging on and on, and it feels like forever. I am so tired, and so anxious. I am so scared of doing the wrong thing. Every decision- do I go to the grocery store or not? How often? is an ordeal; Then I feel guilty because other people are so much worse off. I just want it to get back to normal! How do I cope?

## A

Be reassured, we all feel that way! The other day I had a Covid-19 scare, and my heart started racing and I had trouble breathing. As Brene Brown of CBC said to Matt Galloway, "This is hard, this is new...it feels awkward and terrible and vulnerable".

We all feel anxious, uncertain and vulnerable, and we all feel sad and are missing simple human contact and celebrations. The moral fatigue of making decisions outside of simple habit- e.g. I always shopped leisurely, twice a week, now I feel stressed every time I go to the grocery store and get out as fast as I can- is exhausting.

It is normal to feel overwhelmed at this time, when our daily rituals are blown apart like so much

dandelion fluff, and we cannot offer each other the simple comfort of a hug. The philosopher Max Baur suggests that now is the time to be patient with ourselves and others; after all, we are all of us, doing the best we can.

It is ok to feel loss, pain and fear at this time; focus on beauty and pleasure in a good meal, a breath of fresh air, a telephone call with a loved one. This too, will pass; have faith, have courage, have hope.

Stay home, stay safe, save lives- it may be your own.



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