

Riding the rollercoaster of emotions during COVID-19

I am aware that in our current day society, talking about emotions, isn't something that we typically like doing. In fact, in the past, it's been viewed as a sign of weakness if you're expressive with your emotions. But having said that, things have shifted in more recent years and people are beginning to understand the importance of empathy and with that the importance of engaging with our human emotions, and not letting them become blocked and bottled up.

As we begin to better understand the complex interplay between our thoughts, emotions and our behaviours, people are becoming more and more open towards the idea of talking about their emotions. But having said, in the grand scheme of things, this is very new in our society, and as a side note, different cultures do this to different degrees. In the west, and particularly in the UK we're not very good at expressing, as we like to hide our emotions, and this isn't good because the coronavirus period can take you on a journey of emotions, where you are having to ride this emotional rollercoaster.

The reason why this is, and I'm sure you can resonate with what I'm about to say, is because you're at home, you wake up, you make breakfast, you're in the same room, within the same four walls, and it just gets boring. So that's the first emotion that I've gone through personally. From staying at home during the coronavirus period – boredom. Doing the same thing again and again.

Another one is frustration. There have been things which I have become really interested in and then in my head I will start getting excited and creating all of these plans about how I'm going to build out this cool project and how I'm going to do all this work and how it's going to be amazing. But then after a few days I've found myself getting side-tracked as other little interests have caught my attention, and then I have another idea of something else I could be working on. I have felt from this like I have been pulled in different directions, and I haven't enjoyed this at all because when I stop a project which I've started, I tend to feel like I'm not being integral to myself. So, frustration has come out of that; that's another emotion.

Another has been loneliness. Loneliness because whenever I've felt these emotions in the moment, I haven't always felt that there was someone that I could go to talk about how I was feeling. A lot of the time too, I wasn't really even aware of how I was feeling and so that's actually taught me to take a steps back throughout the day and just check in with myself, asking myself "How am I feeling right now?". Just doing this quick check in, so that I can say "Oh, I'm actually feeling frustrated at the moment", this has allowed me to process whatever emotions I've been experienced.

So, boredom, frustration and loneliness are just three emotions that's I've personally experienced. I could go on for longer, but I've probably bored you to death already! ☺ I would love to hear what kind of emotions you've personally experienced too and if you are

struggling with learning how to deal and manage your emotions, please do send me a little email or text.

Thanks for reading!

Stay in-tune,
Stay present,

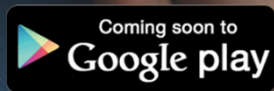
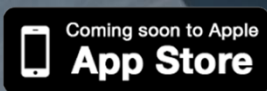
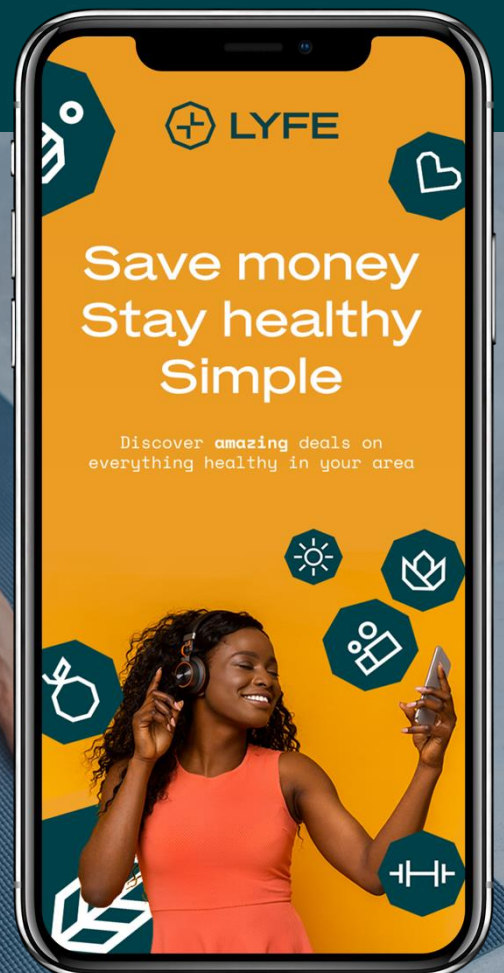
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so rewarding