

## My lockdown COVID-19 challenge Part 2: *"It's OK not to be OK"*

*By Lesley Harris, PainPals Volunteer*

What a difference a day makes – 24 little hours and one of my new mantra's is now acceptance that *"It's OK not to be OK"* and that acceptance can sometimes be hard but as you may know from my previous post, there's always a positive 🤗

The week started with a beautiful sunny day (the sun has got his hat on....bet your singing a little tune 'hip hip hooray', in your head now no apologies from me though, **can you find a theme coming through here?**, another mantra - always make someone smile each day) and then the weather changed.

Day 1 Sunny Day – didn't feel too good today flare up triggered from probably doing too much gardening the day before but was it worth it? Mmmmm... Yes! Pushing yourself over your pacing limit **occasionally** is ok so long as you know it's going to have an impact and you accept that. It's probably better if you can plan it though!

-ve = woke up stiff and in pain – no Jo Wicks for me today

+ve= there was an easy 5 minute Mr Motivator workout on the telly which was fun and just about manageable and made me smile though the pain.

+ve = As can't do much else, got the camera out (not done that in a while) and sat on the sun lounger just taking in the beauty of nature around me (all things bright and beautiful). I'd forgotten how much I like to take a few nature snaps. Meet Bert, he's such a good dad of 3 very hungry babies...



Next few days are cold and damp, feeling low; restless can't concentrate on anything for more than a few minutes, irritable, frustrated and in heightened pain, sick of hearing the news – sound familiar? It's at times like this that we have to accept that it's *"It's OK not to be OK"*. We are all going through this Covid journey and it is having an extra stressful impact on us all, regardless if you're a chronic pain sufferer or not.

+ve = Thank heavens for having resources available prepared for bad days, this week it was the simple pleasure of looking back at those photos I took earlier in the week and I think to myself ...What a wonderful world. And here are some of the robins that came a bob, bob, bobbing along. Singing tweet, tweet, tweet tweedle-dee, tweet, tweet...



+ve= I also took some pictures deliberately finding insects and animals that were hard to spot in the frame and sent them to my grandchildren, nephews and nieces to play a game of spot the animal and insects. Achieved making them 🤗

By the end of the week the sun is back out my mood has lifted, I accepted the flare-up which makes the pain so much more bearable. I'm back on track and giving myself a pat on the back for accepting *"It's OK not to be OK"*.

I hope you have enjoyed reading this and that you followed the theme and ended up singing a song or two along the way (how many did you find?) I did! And it cheered me up no end, love a good sing along.

And remember you are not alone we now have the new PainPals Helpline up and running on 01202 858361 manned by volunteers who live with pain themselves who can lend an empathic ear in times of need. Don't hesitate to give us a call we are here Monday to Friday 11:00 to 17:00. 

My mindfulness practice definitely came into play this week in abundance.

Tip of the week given to me by my wonderful sister - when in pain and you want mashed potato but don't have the strength to do it the old fashioned way, use an electric whisk instead - makes life so much easier. 

Until next time, I hope I've helped and made you smile.

Lesley

