Healthy Habits – My Two Year List – by Marcy Lytle

By now, I'm thinking most of us have changed or developed some pretty hefty healthy habits to stave off all of the mutants that are rampant around us. Am I right? I mean, a couple of years ago we all purchased masks and hand sanitizer, thinking we were just in a phase that would last a few weeks or months, at most. But here we sit with another year marked off our calendars and we're still buying both of the above items.

So what have we learned, discarded, and continued throughout this pandemic and scare and frustration that life has rolled in like an unwelcome thunderstorm that won't let up? We may as well take note, and give thanks, for all of the above.

Here's my own list:

1. Masks keep my hands out of my mouth where I bite my fingernails.
2. Masks actually keep my face warm, on cold days, so I don't mind wearing them.
3. I've searched and found hand sanitizer that actually smells nice, a victory for sure!
4. Wiped carts at Target makes me feel better when I grab one to push for an hour or so.
5. I've actually noticed workers and empathized more than ever, so that's good.
6. I've sneezed into my elbow, like I was taught to, but I'm really doing it now.
7. I've got packs of wipes in my car, and they've proved to be so useful!
8. Doing without the instant gratification of Amazon Prime hasn't killed me.
9. The divisiveness of our nation has sent me to my knees, another good thing.
10. The unknown of the variants and the vaccines has prompted my heart to Trust.
11. Death and dying has reminded me to plan for living.
12. The healthcare workers are now on my list of heroes…alongside Superman!

What habits, thoughts, actions have you changed and noticed and appreciate more in the past two years…in the middle of the angst and the fear and the frustration and the sickness? It's good to write them down and consider the good in the all of the bad. It's a healthy thing to do, once in a while, any time life gets too overwhelming to handle. Making a list enables us to sigh, breathe a little deeper, and note the good and the growth where maybe we had not noticed before.