

## Welcome 2021!

2020 has been so difficult for so many of us – though with surprising and sometimes useful changes, such as digital connection via Zoom and others. For some, life has blossomed with new opportunities; for so many, life has been changed dramatically. Our thoughts are with all who have lost loved ones, safety, incomes, jobs and freedoms, especially if having to look after others and children as well as working.

The winter feels exhausting for many, with restrictions, the inability to see loved ones, higher rates of virus and some schools shut. January is long. The NHS is doing sterling efforts in rolling out the vaccine as supplies are provided.

Christmas has come and gone – joyful for some, and not so much for others - if you've not heard Somerset's Performance Poet Liv Torc's 'What if everything tasted of sprouts?', do have a listen, and have a smile!

<https://somersementotionalwellbeing.podiant.co/e/wellbeing-at-christmas-3920424db12ac8/> at 07:10. Other Somerset Emotional Wellbeing Podcasts are available! On a more serious note, Dr Peter Bagshaw and I tackle the topic of Seasonal Affective Disorder as we move through January, the month which always feels longer than the money.... <https://somersementotionalwellbeing.podiant.co>

So what's important to keep in mind?

First – The Weather is not the Sky – the blue sky above is always present and unchanging, whatever the weather that we are experiencing just now – we love this little booklet by Somerset Foundation Trust's Drs Rani Bora and Suraj Gogoi:

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Second – The days are getting longer! And Spring and summer will come as usual, even if it feels that the COVID 19 Grinch stole Christmas. Look out for the first daffodils and snowdrops...they've already been sighted in Somerset!

Third – the basics of health and wellbeing – good sleep, fresh air and exercise (within guidance), sound nutrition (sprouts were on offer so I bought three packets!), connect to others. Above all, be kind to others – and to yourself. Maybe thank your body for getting you through another year – and thank in anticipation for the year ahead! Wonder at mercies, small and large, that each day brings. Wonder at our Planet (David Attenborough's new series is stunning), and the Podcast on Self-Care might interest <https://somersementotionalwellbeing.podiant.co/e/health-and-self-care-391620ab90647a/>

Lastly – all things come to pass – things **will** improve for us all

Take Care and Go Well!

Dr Andrew Tresidder January 2021