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Dear Friends and Members of St. Pauls Cambridge,

As the pandemic lock-down continues, I imagine that many of us are feeling weary at best, or even worse.

One of the most helpful things we can do, is to recognize and name our concern. Doing so gives it less power over us. I recently read an article from *Huffington Post* that could help us to name our distresses. Here are 10 common possibilities that we might be facing:

10 Sneaky Ways Your Coronavirus Anxiety Is Coming Out *By Dominique Astorino*

1. You're feeling more tired than usual, even if you don't do much during the day
2. You aren't sleeping well
3. You startle easily
4. You're channeling lots of energy into hobbies or activities
5. You don't have much interest in anything
6. Intense loneliness
7. You're experiencing reactivation or agitation of other mental health conditions
8. You're getting more headaches or other physical issues
9. You get angry or have more frequent outbursts
10. You keep forgetting things

The full article can be viewed at https://www.huffpost.com/entry/sneaky-ways-coronavirus-anxiety-coming-out_1_5ec2feade5b6cb36f3f2f05a It offers suggestions for how to cope with each of these.

I know that I've experienced several of these symptoms. If you have noticed any of these in your own life, and want to talk, please email me or phone the office and leave a message. I check frequently for messages.

Please know that you remain in my thoughts and prayers.

With love,

Pastor Stephen Weber

Inspired

...

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