

♥ All we have to do is to imagine long special cord that rose from your heart all the way to the hearts of people that we love.

♥ Stress- and unprepared for changes that are coming. anxious, afraid or panicked that the changes and my love an increase in infections.

Lock down has been hard for lots of people. Lots of changes and uncertainty can really stressful.

"We all thought the lock down would be over by now and things would be getting back to normal. But it feels like the longer this last the more hopeless everyone is getting."