

## Essay on Gratitude

By Joy Page

Reading

What are you most grateful for this unprecedented year?

For me, the resilience I didn't know I possessed!

Since the inception of the coronavirus in mid-March, I've been forced to readjust and rebuild my life, my dreams, my routine, my livelihood, my social status, my values, and my priorities.

Five months ago, I wanted to curl up into a ball and virtually disappear. I was in a very bad place.

My first realization was that I had to accept that my life as I knew it was never going to be the same. It was my attitude that would determine if it was going to be better or worse.

An eternally anxious, Type-A perfectionist and planner was no longer an option in this unpredictable world. My ability to adjust to the "new normal" was critical to my survival.

I had to learn to release control. Grateful for my blessings, supportive people, amazing opportunities, and experiences I've been afforded in my life, I transitioned from a "compulsive worrier" to a composed warrior.

As I took steps to acclimate to new routines and responsibilities, I reflected on my old life. I had an overwhelming sense of contentment, realizing how privileged I am to say "I have no regrets" at the age of 62.

My bucket list is complete, and I'm ready to compose a new one when the pandemic is over. I'm hopeful about the future, albeit I'll be approaching it with a renewed sense of gratitude.

Today I'm in my best place. Shedding superficial needs and replacing them with spiritual ones. Substituting stress for peace, replacing wealth with health, and stopping to smell the roses instead of rushing by them.

While this pandemic has had an effect on most and we mourn the many whose lives have been taken by it, in some obscure way, it may have saved mine.