**It’s okay to just be surviving…**

There are so many stories of how people are doing wonderful things. From Captain Tom Moore raising over £30 million for the NHS, to children learning to sew to make headbands for care givers. From your neighbour who talks about how this time has made her recreate her childhood with board games and blanket forts, to your friend who has started to learn Mandarin…

I am not diminishing from anyone’s achievements and I am blown away by the level of community spirit that has risen around us during this crisis. However, if you are struggling, then seeing other people’s achievements can sometimes just feel like a criticism. If you are floundering around, struggling from day to day, spending your time trying to control the waves of panic breaking over you, threatening to drown you and you are managing to still breathe, then you are doing amazingly.

It is just as incredible to manage to carry on breathing if you are in the midst of a panic attack, as it is to raise money for charity. We are all different and we all have different responses to the same thing. Some people rush round being busy, others retreat to bed. Our experiences are unique to us.

If you are just concentrating on existing, you are doing an amazing job. Don’t feel peer pressure to be bettering yourself during this time. We may all be in the same storm, but we are all in different boats. Some people’s boats may be big, sturdy, seaworthy and well stocked with food and love. Other people’s boats may be small and leaking and it is simply taking all their time to bail out the water as quickly as it comes in, they only have the time to stay afloat. They only have the energy to survive…

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