

Surviving Covid-19



When Covid-19 struck and we had to flatten the curve by staying home I decided to return to my childhood hobby of bird watching. I have had a bird feeder at one of my offices for 14 years and I thought this was the perfect time for a bird feeder at home, despite having a cat. I watched mourning doves, blue jays and cardinals all trying to perch on the feeder and get some food. They usually fell off. Each day they tried again and again, changing just a little bit of their position and balance. Some doves and all the cardinals eventually learned how to sit on the feeder “just right” and get bird seed. The blue jay still hasn’t learned. He dashes at the feeder, gets one bite and falls off. He squawks and complains and finally floats to the ground and picks up what others have dropped.

In this time of Covid, maybe you have revisited one or your old hobbies too. Maybe you decided to embark on a new hobby—sourdough bread baking anybody? Or are you trying out recipes you have never had the time to cook before? Whatever it may be, old or new hobbies can be great to fill that extra time you gained by not having to commute. Or you can just chill and take yourself to “another safe beautiful place.”

Why do I share this with you? Because sometimes we can do something just a little bit differently until we can achieve our goal. And also because sometimes we keep trying the same thing over and over again, not understanding why it doesn't work. Yet, you find a different solution that does work. Perhaps, we can take a lesson from the birds.

COVID-19 has brought many new problems for many people. Some people find their chronic pain has increased. Some people find their stress level is through the roof between working at home, financial concerns, being zoomed to death, juggling kids' schooling, being at home with their spouse 24/7, trauma from watching the news and/or the fear of catching Covid. Others find they can't sleep well, they are sleeping more than usual or they keep waking up with thoughts running around in their heads.

I can teach you pain management, stress management and better sleeping tools for your toolbox.

I'm in my office (never left) to help you. I also still offer telehealth. I can help you find some peace and tranquility again in this "new world."

Best wishes,

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