



Reflections

Why staying at home is hard

BOTH national and local police keep reminding people to stay at home to help minimise the infection rate and deaths from this pandemic.

More than 30,000 fines have been handed out for Covid-19 breaches so far. I hear many people express how hard it is to stay at home for so long. Despite being a practicing psychologist, at times I find that my own level of motivation to stay at home is shaky. I am

an outdoor person and I was getting tired of this 'stay at home' advice, aware too of the physical and psychological damage of enforced isolation. On the other hand, I know that there is no other way to stop the exponentially swelling infection rate. One of the ways I managed to soothe these feelings was to deepen my understanding of why staying at home is becoming harder.

'Home is the starting place of

love, hope and dreams'. 'Home is where love resides, memories are created, friends always belong, and laughter never ends.' There are thousands of such quotes about the indispensable part that homes play in our life.

We have evolved around the social and cultural practice of staying in one place most of the time, leaving home for work during the day and coming back home at night. This practice has

undergone a huge change in recent years. We move around a lot more. We like to move house, change cars, jobs and sometimes relationships. The desire for 'forward' change seems to be the mantra for happy living. This present pandemic has imposed a 'backward' change on us, pushing us to go back to our old ways, with far more restrictions. This almost sounds as if we are being imprisoned in our

own houses. This is hard, but there does not appear to be a better way than this if we want to keep ourselves and others safe, and escape this invisible killer. 'Do not let your hearts be troubled. You believe in God; believe also in me' (John 14:1).

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