

## BEING APART FROM YOUR ELDERLY FAMILY

Visiting My elderly Mom Could Put Her Life at Greater Risk. But How Many More Times Will I Get to See Her?

The pain of not being able to spend time with elderly parents or grandparents during lockdown is intense and devastating.

While we know that it's something we have to do, and that's it's for their own good, we also miss them, fear for their loneliness, and stress about their emotional wellbeing.

### **How to ease our own stress and alleviate that of our loved ones:**

- Remind yourself that this is temporary. This is not going to last forever. Things WILL go back to how they were.
- Find innovative ways to show them that you still care for them and are thinking of them constantly send gifts, photos and notes as often as possible.
- Remind yourself that everyone in the entire world is separated from their elderly loved ones. While this doesn't alleviate the pain, it unites us all in a greater cause.
- Don't try deny or avoid the guilty and sad feelings. Allow them to be there without overwhelming you, rather pushing you to be proactive in finding ways to connect to your loved ones.
- Remember that an emotional connection is just as strong, if not stronger than a physical one.

As difficult and emotionally charged and complicated as this time is, we need to remind ourselves of the bigger picture. This is bigger than us. But we know that love is not defined by personal space but by intention.

This is the time to put your intention and emotion into words, into acts of love and into expression!

