When you think of someone bold, who comes to mind? A knight in shining armor? An astronaut?

Those are good examples of bold people. But there’s someone bold much closer to home: you. Yes, you and everyone else who’s been through the pandemic. The last year and a half have forced us to face fears, losses and unknowns. It’s been a roller coaster of changes and challenges. It’s required bravery and resilience.

Going forward boldly
As the world inches toward some kind of normalcy, we’re still facing challenges. We have to keep on being bold so we can:

• Heal from losses
• Accept uncertainty
• Manage anxiety
• Try new solutions
• Adjust to a new normal

Boldness causes stress
Boldness comes at a cost. Many people are feeling unusual levels of stress, anxiety and depression. It’s no wonder after all we’ve been through. We have fears and worries. Some people are even reporting more anxiety about resuming activities than if they were to stay in lockdown.

Call us anytime, 24/7, to get support. We’re here to help boost your emotional wellbeing.