**Social distancing health**

I believe that we were living in a half socially distanced world. The hurry up world making us brief with our communication, even as brief as a thumbs up or a smiling emoji. Our distancing had become electronic, where we played games on-line with friends and family instead of in person. How many times did we pull into our garages, close the garage door behind us and spend the rest of our day and evening behind those closed doors? That was before Covid-19.

Today we are fully socially distancing for a purpose. Now, it’s important to do. What is this going to look like after it is all said and done? How will social distancing affect us in the long run? Will we ever pull out of it?

I am extremely worried as to what this social distancing is going to do to us as a nation, in our future. I’ve been hearing rumors that this might be our new permanent way of life and that we should probably get used to it. Rumors that things can be done equally as well on-line and that the future of schools will change. Rumors that we will never get back to large venues of entertainment, activities or even restaurants with their tables full of people, enjoying their meals.

Can you imagine a world where you can’t shake someone’s hand? Where hugs are dangerous? No movies, concerts, rodeos, parades, sporting events, parties? It really is rotten to think about and it’s what we are currently living in. The affect it can be having on our overall health could be severe if we don’t stay focused.

We are all made of different stuff, with different up-bringing’s, with different issues, different passions, different likes, habits, etc. As expected, we will all get through this social distancing experience differently. Some will roll with it smoothly and others will gimp along like an old broken wheel.

The topic of the week, your wellness wheel.

You are the central hub of a wheel that represents your overall wellness to get through life. Each spoke on that wheel represents a part of your life. When a spoke is broken or left out then the wheel is unable to roll and to function smoothly. So, it is important to keep your spokes strong and your wellness wheel in check.

Physical health is a big spoke in that wheel of wellness. Keeping a healthy body in every aspect is going to make you stronger. Taking care of that body is essential. Eating right, exercising regularly, sleeping well, addressing medical needs promptly and remaining proactive in your health. Don’t neglect your physical health during this time.

Emotional health is another spoke that is probably being taxed right now. This is where relationships, happiness, satisfaction, disappointments, good stress, bad stress and support systems have all been affected and social distancing doesn’t help this emotional state of mind at all.

Spirituality is big in some wellness wheels and not so big in others. Knowing, believing and practicing those grounding beliefs is often what makes wellness wheels the strongest when they are about to fall apart. Now more than ever we need this grounding.

Intellectual health is often forgotten about. Keep stimulating those brain cells and keep them healthy and clear so navigation through current and future concerns can be thoughtful, productive and healthy for you and your family.

Financial health alone can tear apart a person’s life. Who would have ever thought we’d see such financial devastation? There must be satisfaction in your job, in your retirement, financial security, productivity, work habits and spending satisfaction/control. This spoke is really being challenged at the moment.

The final spoke in our wellness wheel, I’ll call ‘practical’ health. All those important things in life that make a difference to you like home security, safety, hygiene, time management, scheduling, special habits, special needs and wants. These are the security and strength building spokes that make a difference personally to you.

Everyone’s wellness wheel is different, keep yours strong during this pandemic. I look forward to the day when we can relax this social distancing rule, squash the rumors and get back to living our lives.