**Has it been worth it?**

Have you ever felt like the world is being pulled out from under you? Then when your down, you get kicked even more? That’s exactly how this year has been to me and my business.

Honestly, this year simply needs to end. I hate saying that knowing that every year is precious to each and every one of us. When we look at the short time we truly have on this earth, every year is important and precious. I’m wondering in this week’s article if it’s been worth it.

I suppose that I’ve conceded to this (mostly) terrible year which has left me more content at least for the moment. I’ve given up trying to fix and I’ve stopped worrying about losing my business, my livelihood. I’m either going to lose it or it’ll survive, and it’ll thrive again next year.

What are your thoughts on this year? Are you O.K. with literally giving up a year of your life?

Whether or not you believe the media’s fear-based rhetoric, the real statistics, the unbiased scientists or believe it’s a political ploy to upset the world we live in, the truth remains the same. We’ve lost a year of our lives, which will take a very long time to recover from.

I’m looking at this entire pandemic in three pieces and all three of these pieces need to be rebuilt and strengthened before we can recover.

Health. Our health has been put on hold for months. Many individuals did not follow-up on basic medical needs and preventative measures. I’ll predict that the impact on our health has not been fully felt yet.

I know that the health of many of our community and family members has been seriously impacted by the simple fact that they are not exercising like they were. Regular exercise routines and classes were stopped, and participation literally dropped across the entire United States. This too will impact future health and lifespans.

Statistically, many other health issues have increased due to the lockdowns. Alcoholism, stress, mental health, suicide, depression, and anxiety are the first to come to mine. Loss of jobs, poverty levels and hunger have also experienced a serious impact. These are all health issues that go unnoticed in times like these, they are serious, the cases have increased, and they affect all of us in one way or another.

Economy. The economy is the second piece to recovery. We were experiencing the strongest economy in U.S. history, only to be shut down causing huge impacts on small businesses and families who depend on them.

The economical shut down probably hasn’t affected those who have already finished their careers and are retired with a life savings. For those of us who haven’t yet, this is going to be a long road back to making mortgage payments, building lost equity and regaining a livable income. Will we even be able to retire, ever?

Just this weekend, we went to dinner with some friends. We wanted to support local restaurants. We were the only table they had that entire evening. How does that keep the doors open? How can our small businesses recover and be here tomorrow or next season?

Yes, gyms are open for your health and fitness. Gyms across the state have only 25-30% of their active members back.

Like the restaurants, businesses are open, but if people don’t have the money or are still so scared to go out to eat, workout and recreate, how will the economy survive.

Last piece is social recovery. Staying socially active and connected has been shown as one of the biggest components to health, happiness, and economic survival.

We’ve all missed festivals, concerts, athletic events, art shows, weddings, family and funeral celebrations this year. We’ve been socially crippled.

So for a virus that has a survival rate of over 99% for ages 0-69 and over 95% for those over 70, has this destructive year been worth it.

I guess this is what I wanted to ask this week. Don’t give up on your health, wealth and friends. It’s going to be a long recovery for all of us.

The article is about recovery not meant to be insensitive of the illness and those who have been affected by it.