

## QUARANTINE REFLECTION - 2

Thank you for your kind comments and likes for yesterday's musings.

As yesterday I woke to very vocal birds and sunshine streaming in to the bedroom. But what was odd about this morning was I awoke to them after a reasonable nights sleep. Many of you will be aware of my inability to sleep more than a couple of hours at a time alongside the horrible fatigue. I'm sure I'm not alone who has difficulty sleeping for any number of reasons.

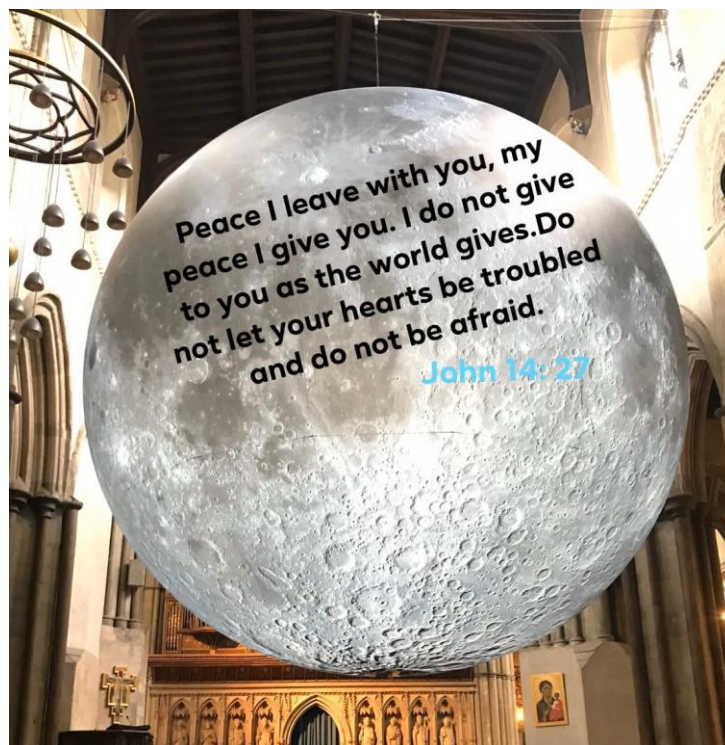
Over the years I have taken on board all the suggestions from having a nice quiet bath (not so much lately - I'd never get out again), shutting off all devices that might stimulate to having a little tippie. Usually I can manage to drop off to sleep my problem is I rarely get more than two hours at a time and then I need to get up and wander or toss and turn in bed and get really irritated with self. It's in those wee small hours that my brain and I'm sure some of yours 'runs into overdrive also. You know those really daft or bizarre thoughts like ... if the non stick on my frying pan is non stick what did they use to make the non stick stick to the rest of the pan or which arm rest in the cinema is the one I'm supposed to lean on, was I leaning on the wrong one, did I lean on it and the one that anyone who has visited Scotland or indeed Keilder Forest - who do midges decide which humans to pick on. All really important question obviously but not terribly helpful for getting back to sleep.

Sleep might be a bit elusive for some of us, anxiety and fear can and does keep us awake, it is a natural response to those tensions but I wouldn't really recommend the the seeking answers to my odd questions. So rather than lying awake and wondering if penguins have knees I now choose to read a mediation book or I reflect upon some scripture usually one of the Psalms.

A favourite verse for me is From Psalm 3 verse 5

"I lay down and slept, yet I woke up in safety for the Lord was watching over me."

I suspect that we might have a few more nights where sleep will for many of us be elusive but take a little comfort knowing that you are not the only one awake at silly o'clock wondering if a giraffe were to wear a tie, would he wear it at the top of his neck or the bottom.



God Bless, stay safe. X