

## YOU WERE ASKING . . . by Msgr. Pat Stilla

**Q.** Why am I feeling so bored and irritable while staying at home during this pandemic lock down? Before this health crisis began, I used to long to spend most of my time at home but it just never seemed possible because of my work and my other responsibilities. Now I spend most of my time here and it causes me anxiety and restlessness. What is going on?

**A.** I'm sure there may be a variety of different reasons why you have been experiencing boredom and irritability during this period of "lock down". I believe that countless others have been experiencing similar feelings. In my opinion, one of those reasons may be the sudden and prolonged imbalance that this pandemic has caused in our day-to-day lives.

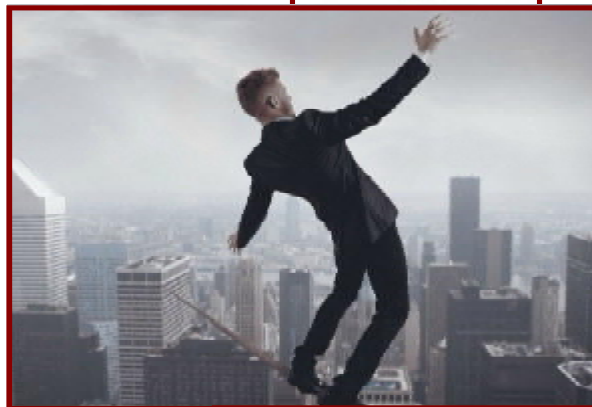
### Balance is Essential

It may not always readily come to mind but balance in one's life is crucial for the achievement of true happiness and emotional well being. Just as a clock's pendulum annoyingly strikes one side of a clock box when the time piece is slightly out of balance, so too, our emotions are affected negatively and become very annoying when things in our lives become slightly out of balance. In those times, small problems can seem like huge crises or major achievements can feel like insignificant accomplishments.

### Reacting to the problem

Once we become aware of the imbalance, our first impulse is to correct it as quickly as we can but often, without a plan of action. As a result we quickly overcompensate and push towards the other extreme. It is at this point that we go from one imbalanced situation to another! In your ques-

tion, you say that you once 'longed to spend most of your time at home but that it just never seemed to be possible'. Why was it not possible? Could it have been that you were experiencing an imbalance in your life but did not recognize it as such. Perhaps it was not possible to spend quality time on your own before because you were working too hard or too long or you were spending too much time with others, or because of some other form of imbalance. Now that we have been spending more time at home because



we are compelled to do so by Government restrictions, it has become too much for us because the former imbalance has been replaced by an equally annoying new one! The result is that you feel bored, anxious and restlessness.

### Be careful what you wish for!

Years ago, this cliché was repeatedly used on a popular home decorating television program and it has become a mantra for many. For me, its message is twofold: that we must recognize imbalance in our lives and strive to correct it but that



Balance in our lives is achieved through prayer and thoughtful effort!

we should avoid the impulsive temptation of going from one kind of imbalance to another!

### Another positive lesson

Let's pray that we will remember this timely lesson learned, once this pandemic is over!