



Forgiveness during the pandemic

Forgiving can be hard. But forgiving during the pandemic is more important than ever.

Why? We already have so much emotion and upheaval in our everyday lives. Living with anger and hurt is surely something to avoid if we can.

Where do you begin?

Start with yourself. Many people started off the pandemic with grand plans of de-cluttering, starting new hobbies, getting fit and more. In reality, many of us have found it hard just to keep up our spirits — never mind the lofty goals.

Forgive yourself for feeling angry, sad or frustrated by changes to your “normal” life. Forgive yourself if you’ve been impatient as you try to navigate your kids’ new routines. And kudos to surviving all the changes — including jobs, social life and more.

Next, forgive those around you. Let’s face it, many of us are not at our “best” right now. We may make mistakes that hurt others. Let’s try to forgive those around us for small slights.

Holding grudges uses up energy we really need right now. Re-direct that energy toward acts of kindness and caring towards family, friends and neighbors.

Remember that forgiving is a gift you give yourself — and chances are you can use that gift now more than ever.

The EAP is administered by Resources For Living, LLC.

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