

Lillian's Summer Newsletter

LILLIAN'S JULY 2020 NEWSLETTER



Happy Summer to My Readers



Coping with COVID

A few weeks ago, I felt sluggish, unmotivated, and depressed. I had been watching too much TV and gained too much weight. I had become a couch potato consuming too many potato chips!

When I mentioned this concern to friends, they suggested I was experiencing a common adverse effect of COVID 19. Their other friends were complaining of similar symptoms. “You need to snap out of it by varying your routine,” they advised. “Make sure you go out and walk every day, not just once in a while.”

One of my dear friends is homebound because of a compromised immune system, but she is diligent about exercising indoors. So, physical exercise seems to be the consensus in combating these COVID symptoms.

I've begun to vary my outdoor exercise by making an adventure of it. Each day, I take a different route in my neighborhood, looking for sights I haven't seen before. By doing this, I often walk farther and enjoy the walks more. This type of exercise is good for my mental, emotional, and physical health, but it isn't enough to sustain weight management.

I use the term weight management in lieu of loss because when I lose a few pounds, I usually find them again. So, I began a food journal to monitor my

eating patterns. It didn't help. That's when my brilliant chiropractor introduced me to MyFitnessPal app to help count calories to reach my goal. I've never counted calories before, but this app makes it easy to do, and I am consistently working toward my ideal weight.

Finding something that works is the key, but what is helpful for one person might not be for all. It helps to have an open mind and a willingness to try new skills or approaches. Here are a few more ideas to consider for your sanity and well being.

Five Ways to Thrive While Staying at Home

1. **Awareness:** Pay attention to your feelings, frustrations, and ways you are stuck in old habits and patterns that no longer benefit you. Examples: mindless eating, finding excuses for procrastination, blaming others instead of taking responsibility for improvement.

2. **Being rather than doing:** Tolstoy said, "If you want to be happy, be." Take time for yourself. Especially if you are the caretaker of others, make sure your physical, mental, emotional, and spiritual needs are met.

3. **Creative expression:** Cooking, writing, singing, doing puzzles. Find what gives you joy and do more of that.

4. **Dreamwork:** Many of us are getting more sleep from working and staying at home more. Set the intention to write your dreams as soon as you wake up. Dreamwork gives access to other parts of our consciousness and is also a creative outlet. I wrote a chapter on dreams in our book, *Muse & Ink: Soul Expression Through Writing*. It's available on Kindle for \$1.99.

<https://tinyurl.com/ydx9j54>

5. **Meditation:** "Be still and know" is a quote from the Bible alluding to meditation. The use of a search engine will help you find meditation programs

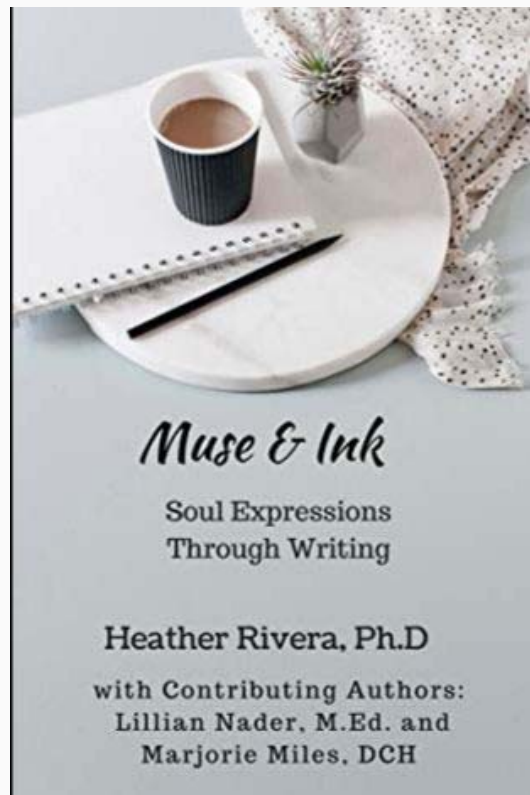
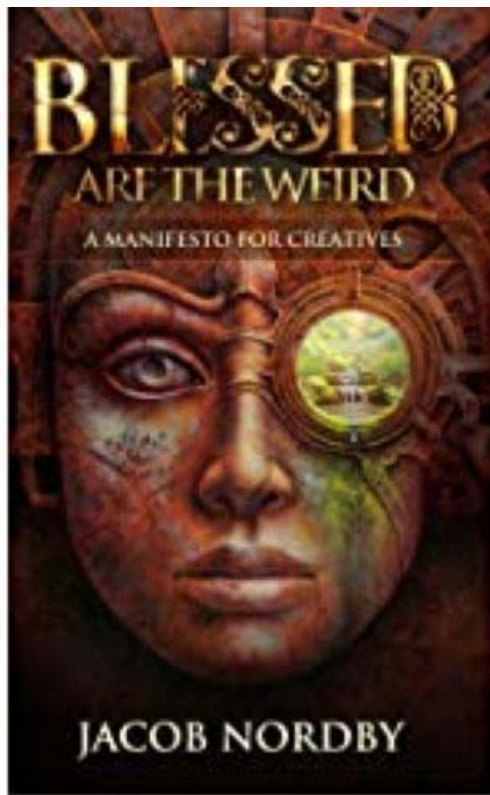
on YouTube to help you reduce stress and improve your focus and concentration.

All of us are finding ways to cope with COVID related issues. I love to write, so my dream journal and various writing projects are creative outlets for me. For socialization, I enjoy interacting with people on Facebook and in Zoom meetings. I find that reading for enjoyment or inspiration also stimulates the imagination and helps with relaxation. What ways have you found to cope with COVID? Please share your thoughts in the comment section. I would love to hear from you.

We the People Theatre Action

Tune in on Thursday, July 30 at 7:00 p.m. Pacific Time for a show on Facebook Live. My poem "For All the Times" is one of the spoken word pieces included in the show. Use this link: <https://www.facebook.com/wtptheatreaction/>

Suggested Summer Reading



Click on the book cover to go to the Amazon book site for each of these inspirational books.



THE EDITOR'S CORNER

"It's better to be corrected privately by your editor than publicly in a review." Lillian Nader



THE GRAMMAR GAME

Can you find errors in these sentences?

1. The boys were not allowed in the ladie's room.

hint: Use an apostrophe to form the possessive case of a plural noun ending in *s*. *Ladies' room* is the correct form.

2. Mary was walking in her quiet neighborhood when a car appears with music blaring.

hint: The tense should be consistent. *Mary was walking* is past tense, and *a car appears* is in the present tense.

3. If women work twice as hard, she might get equal pay.

hint: Be consistent in number. The plural noun, *women*, does not agree with the singular noun, *she*.

4. If one reads classic literature, you will gain insights and knowledge.

hint: Avoid shifting the class or person of pronouns. *One* is an indefinite third person pronoun and *you* is a personal pronoun in the second person.

5. Nobody isn't as good as my brother at telling tall tails.

hint: (1) Avoid double negatives. (2) Use the correct form of homophones. Nobody *is* as good as my brother at telling tall *tales*.

Lillian Nader, M.Ed. is an author, playwright, copyeditor, and educator. She can be reached at Lnader1910@sbcglobal.net or visit her website at <https://lilliannader.com/copy-editing/>

COACH'S CORNER



Heather's Coaching Services

Dr. Heather Rivera is an Amazon best-selling author. She has authored nine books- Non-Fiction, Fiction, and Young Readers. She has a Life Coaching certificate. Heather coaches writers from dreams to book-in-hand. She can help you too. Reasonable, hourly rates. Check out her coaching services at <https://www.heatherrivera.com/lonewalkerpress/>

If you have questions for Heather about writing, send her an email at [**DrHeatherRivera@gmail.com**](mailto:DrHeatherRivera@gmail.com) and she will try to answer it in her next newsletter.

DR. MARJORIE MILES'S VIRTUAL WORKSHOP TUESDAY, AUGUST 11



Writing with Your Muse Workshops with Dr. Marjorie Miles

Looking for creative, artistic expression? Searching for new ideas for your business or other areas of your life? Enter the Creativity Studio of Your Dreaming Mind: the place where stories, fascinating characters, poetry, and inventions live. At the beginning of each session, you will experience a brief guided daydream to unleash your muse and spark the fuse of your creative writing expression. Join us on Zoom from the comfort of your own home the

second Tuesday of each month. Save the date for our next virtual workshop:

TUESDAY, AUGUST 11 FROM 3:30 TO 5:30 PDT

Email Lillian at Lnader1910@sbcglobal.net to be added to our email list for the link to this meeting.