

"WestJet to suspend international flights". Not the news I wanted to receive while in the Dominican Republic. Now what? My original plan to spend six weeks escaping the winter came to a screeching halt just two weeks into my stay.

The week leading up to the flight cancellations, COVID-19 was barely on the radar in the Dominican so I thought it might be safer for me to stay put rather than being in a crowded airport or shoulder to shoulder on a plane.

Circumstances rapidly evolved with curfews, talk of border closures and then WestJet announcing they were halting flights. I had to go home. I got the last commercial WestJet flight out on March 22nd. Twelve hours later I was in my vehicle in the St. John's Airport parking lot, I sat there for ten minutes trying to take in all that had happened and prepare for what was to come.... 14 days of mandatory self isolation. "No problem, I got this!"

"...during quiet moments my thoughts turned to the projects and the people I had left behind in the Dominican..... and the avocados (big as my head), beans and rice and warm temperatures! Oh my."

I have worked from my home office for quite some time so I was accustomed to being alone. Before leaving for the Dominican I had a solid routine and I was optimistic I would slide right back into that. I was wrong. I was sleeping in, going to bed late, watching the national press conference each day at 11:00 am and the provincial press conference at 2:00 pm, helping clients navigate payment deferrals and during quiet moments my thoughts turned to the projects and the people I had left behind in the Dominican..... and the avocados (big as my head), beans and rice and warm temperatures! Oh my.

I hadn't been working out, getting enough rest or doing my daily reading, journaling, affirmations etc. My mind felt like a snow globe being constantly shaken. I had drifted away from the things that helped me feel centred and felt overwhelmed by the task of getting back on course, so I did nothing. I realized I was focusing too much on what I wasn't doing, so I took some time and made a list of what I was doing right. I was eating well, supporting my clients, staying in regular contact with family and friends, practising my Spanish and most importantly staying home!

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We can be our biggest fan or our worst enemy during the best and worst of times. Now more than ever as we try to navigate these uncertain times we need to be kind to ourselves in our words and actions. I decided to pick one thing (move my body) as a daily priority and honour myself enough to follow through. It might be 10 or 60 minutes but I have committed to that one thing. I also remind myself of the things I am doing right because it is true that we get more of what we focus on.

Be kind to yourself first and the impact it will have on your life and those around you will be incalculable. Stay safe, stay connected and stay home!

Best Regards,



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