

SOCIAL DISTANCING

By

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I've occasionally showered twice in one day over the years. But, I always made a habit of showering at least once a day...until now. Now I can actually skip a day. After all, we're in the middle of a pandemic and practicing social distancing.

Lately, there have been times when I've stayed in bed clothes for 48 hours straight! My anxiety and insomnia are currently so bad that I am still awake when the sun comes up almost every morning! I've learned to fall asleep during daylight hours.

I still put on clean underwear every day that I actually change out of my pj's. But, I no longer care if my underwear matches. The Y is closed for now. So, who cares if I'm wearing a pink bra with red, boy shorts? I'm not changing in the locker room anymore.

I never bother to apply makeup when I go outside for exercise or to buy supplies. Who cares how great I look wearing purple lipstick? I've always got on a mask!

I don't color or style my hair anymore either. Who cares whether my gray hair has taken over? I'm usually either wearing a scarf or a baseball cap.

Nobody is checking for me these days. Everyone is required to be social distancing. Soon, I will start wearing mismatched socks! Truth be told, I already have. So long as they don't clash!