

## Tony Thinking Aloud lxxxviii

Did you make any New Year resolutions? It is January 6<sup>th</sup> (as I write), the Feast of Epiphany, twelve days after Christmas. Most folk will have taken down their decorations. Question ... are you still keeping those New Year Resolutions?

Various resolution suggestions come from the media whether you are into magazines, newspapers, TikTok, Facebook, Twitter, Snapchat, Instagram or whatever:

- Back to back – reduce your viewing time and give time to reading more books.
- Shop in your wardrobe and wear clothes you have worn before!
- Review your finances and set some financial goals, perhaps open a Savings Account.
- What about healthy living? A walk every day ... try not to get down to one a week by the end of January!
- Learn what the Twittersphere and all that is 😊

You may have done all these things before and many others, but it's a good time for a refresh.

I have a suggestion. At the start of the Pandemic, we were encouraged to support each other, is that still happening? Those who live alone are still alone and still need phone calls and offers of help. Think about your relationships with one another. If Lockdowns encouraged us to look after each other, what has changed?

So perhaps today is the day to remember, at the beginning of a new year, that we are here to live with each other and that also means support each other in

any way we can. It was upper most to many during the Lockdowns, there is no reason to stop now.

If we need encouragement, I have been watching nature programmes. Here we see the care animals have for each other, especially their young which is perhaps why one of my resolutions should be to have a 'friend surge' (no I don't know either)!