

COVID-19 (Novel Coronavirus) Pandemic - Emotional Roller Coaster

June 26, 2020. The past couple of weeks have been an emotional roller coaster. Dealing with our emotions has become a daily pre-occupation; something that is not healthy but seemingly unavoidable.

Two weeks ago the reopening of the country was underway; we went to restaurants for the first time in 3 months and got to visit with grandkids. The stock market reacted to positivity with a rally and it was comforting to feel a renewed sense of financial security. But now that state of euphoria has changed in a matter of a few days. Infection rates are sharply on the rise, especially in Florida where we live, and a new level of fear has engulfed us. Wearing masks is now required but also serves as a constant reminder of the danger around us. Paranoia has replaced caution.

After two weeks of the stock market on an upward trajectory, stocks fell sharply over a 3 day period. Fluctuations in the stock market are expected but once again we found ourselves testing our ability to handle any kind of bad news.

It has been one thing to deal with the new reality of social distancing and wearing a mask but now controlling our up-and-down emotions has become part of our daily routine.