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duration of the pandemic, and the divisions among Americans that it highlighted, heaped stress upon stress, Schwartz said. Frightening headlines, the changing levels of COVID-19 risk and a lack of clear messaging from political leaders left some people feeling out of control, which can increase anger and irritability.

KEEP THE GOOD

Don't throw out everything you learned, or every change you made, during the pandemic.

"There's been changes that people (have made) in this really challenging transitional time," she said.

Some of them may have been on the horizon anyway. "I think that most of the things were present, and they just became more obvious (due to the pandemic)," she said. "There might have been things that didn't exist before, it just happened to have been COVID, but I think a lot of them just got revealed and clarified, if you will."

That was true for herself and some of the changes made in her own life during the pandemic.

"I kind of had the sense that changes were needed, but I didn't quite know how to get there, and this showed me a way to get there," she said. "Most of the things were present, and just became obvious."

GO AT YOUR OWN PACE, TRUST YOURSELF

"We don't have to all of a sudden go from nothing to everything," Schwartz said, acknowledging that could be challenging for those called back to work full time after a year working from home.

"The question with that is, what do we have to learn from this? How do we want to come back?" she said. "What is the culture we want to come back with?"

It would be helpful to consider, personally and professionally, what you've missed, and what you haven't, over the past year, Schwartz said. "As you think about going back out there, what do you want to bring with you, and what do you want to leave?"

And if you still want to wear a mask despite being vaccinated, or you're having trouble letting go of social distancing, do what's right for you, Schwartz said.

"You don't have to do it overnight. Let it be a process going back."

BE EASY ON YOURSELF

"Give yourself a break. We're all going



"Just cut ourselves some slack. Be easy on ourselves, have compassion. I don't think people are really acknowledging the toll that it's taken. It's normal if you are in any way apprehensive or feeling uncomfortable with doing again the things that you haven't done for a while."



Lara Schwartz, Bend psychotherapist

through the same thing, and a lot of us are feeling uncertain," she said.

It's very American to want to get back to "normal," after the difficulties of the pandemic, but, Schwartz said, "I don't think people have really honestly registered all that we've been through. We don't ever slow down to be like, 'What's the hurry?' so that it gives our bodies and minds and emotions a chance to integrate or regulate what happened."

"Just cut ourselves some slack. Be easy on ourselves, have compassion," Schwartz said. "I don't think people are really acknowledging the toll that it's taken. It's normal if you are in any way apprehensive or feeling uncomfortable with doing again the things that you haven't done for a while."

After staying home for much of the past year, the old normal can feel abnormal.

"I wasn't even aware myself of going back out in the world, and how what I've been wearing every day is not fit for public consumption," she said. "I went, 'What do I wear?' I feel like I forgot certain things. And then I went out today and did a bunch of things, but I was only out for three hours, and I feel like I need a long nap."

HAVE A SENSE OF HUMOR

"I know COVID is deadly, but I think we need to have some levity and a sense of humor with ourselves and others as we find our way," she said.

One way to do that is to try to look at the bigger picture and notice the good things in life, "instead of just only the dire pieces of COVID," Schwartz said. "A wider perspective helps with that."

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national bestsellers

Here are the bestsellers for the week that ended Saturday, May 15, compiled from data from independent and chain bookstores, book wholesalers and independent distributors nationwide.

HARDCOVER FICTION

1. Sooley. John Grisham. Doubleday
2. While Justice Sleeps. Stacey Abrams. Doubleday
3. 21st Birthday. Patterson/Paetro. Little, Brown
4. Project Hail Mary. Andy Weir. Ballantine
5. That Summer. Jennifer Weiner. Atria
6. The Midnight Library. Matt Haig. Viking
7. A Gambling Man. David Baldacci. Grand Central
8. The Four Winds. Kristin Hannah. St. Martin's
9. The Last Thing He Told Me. Laura Dave. Simon & Schuster
10. Finding Ashley. Danielle Steel. Delacorte

HARDCOVER NONFICTION

1. Killing the Mob. O'Reilly/Dugard. St. Martin's
2. Yearbook. Seth Rogen. Crown
3. Billie Eilish. Billie Eilish. Grand Central
4. What Happened to You? Perry/Winfrey. Flatiron/Oprah
5. The Hill We Climb. Amanda Gorman. Viking
6. Brat. Andrew McCarthy. Grand Central
7. The Women of the Bible Speak. Shannon Bream. Broadside
8. The Premonition. Michael Lewis. Norton
9. Greenlights. Matthew McConaughey. Crown
10. The Bomber Mafia. Malcolm Gladwell. Little, Brown

MASS MARKET

1. Texas Dare. Diana Palmer. Harlequin
2. The Sentinel. Child/Child. Dell
3. A Walk Along the Beach. Debbie Macomber. Ballantine
4. Country Proud. Linda Lael Miller. HQN
5. The Midwife Murders. James Patterson. Grand Central
6. Outlaw Country. William W. Johnstone. Pinnacle
7. Seaside Springtime. Debbie Macomber. Mira
8. Lone Wolf. Palmer/Pearce/Zanetti. Zebra
9. Gold Mine Massacre. William W. Johnstone. Pinnacle
10. Meant to Be Immortal. Lysay Sands. Avon

TRADE PAPERBACK

1. Where the Crawdads Sing. Delia Owens. Putnam
2. People We Meet on Vacation. Emily Henry. Berkley
3. The Silent Patient. Alex Michaelides. Celadon
4. The Woman with the Blue Star. Pam Jenoff. Park Row
5. The Giver of Stars. Jojo Moyes. Penguin Books
6. DBT for Dummies. Galen/Aguirre. For Dummies
7. The Law of Innocence. Michael Connelly. Grand Central
8. Hideaway. Nora Roberts. Griffin
9. Lost. Patterson/Born. Grand Central
10. Later. Stephen King. Hard Case Crime



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