

## A Thought Before Shabbat

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Yesterday, when I heard the word “Coronacoaster” for the very first time, I thought it was a coaster on which to put my favorite beer. I even started walking over to the fridge to start cutting a lime! It was then that Sharon quickly explained to me that “Coronacoaster” is actually a new term used to describe the emotional roller coaster we have all been riding since the coronavirus became part of our daily lives.

Over the past two months I’ve constantly reminded myself not to get too excited when things look like they’re going well and not to get too down when things look like they’re going poorly. When I choose to heed my own words, it turns out that it was good advice. Just the other day I had a particularly fulfilling professional moment and expressed that to Sharon. In the next breath I said, “but I should enjoy it now because soon enough something is going to come along taking my day in a different direction.” Then, sure enough, forty-five minutes later, that is exactly what happened.

I see it in my family as well. Since several members of my family have regular issues with motion sickness, on anything that moves, it shouldn’t be that surprising that they are exhibiting signs of motion sickness from this “Coronacoaster.” The speed at which our children can switch from joy to despair is dizzying. One moment there is delight in a family bike ride or painting Picasso’s next masterpiece, and the next we are in full-on tantrum mode or threatening never to attend another virtual class ever.

In between completing the previous paragraph and beginning this one, I spent a bit of time outside with my family and saw other friends passing by with their children. Invariably, the story of our individual lives was the same. How am I? It depends on which five minutes of my day we’re talking about. Ultimately, it’s comforting to know that in this time of emotional turmoil, none of us is alone in these twists and turns of the days, weeks and months. The best advice I have is to make sure that your “seat-backs and tray tables are in their full upright and locked positions”, because the “Coronacoaster” is not yet at the end of the track.