



How to Stay Positive – No. V

Be Kind, Do it Now!

Yesterday, I cooked a meal that mom loves, decorated it beautifully and delivered it to her house. She was ecstatic. I am pleased I did it. Had I waited just one more day, this little gesture of love would have been impossible.

A general confinement order of 24 hours a day has been enforced in Jeddah starting from today April 2020 ,7 to halt the speared of the (COVID19-) pandemic.

One day made a world of difference between the possible and the impossible.

If I had waited just one more day, I would have needed to print out a certificate declaring my reason for leaving the house, which will be checked by the police forces patrolling the roads. I can envision, with graphic details, the sarcastic face of the police officer when I mumble: "I wanted mom to sample my dish," while he issues me a heavy fine for violating the lockdown order.



Moral of the story: if you want to be kind, do it today; do it NOW. You never know when and how things will change! Sometimes life doesn't give us chances. We think that circumstances will never change. They do. Fast. Faster than what we think.

I am writing these lines because some students conveyed to me that during this time of house confinement, some of their family members have become too overbearing. One student said: "If the Coronavirus doesn't kill me, my parents will!" Familial authoritarianism and the accompanying drama seem too much to bear in these circumstances. I know how it feels for a young person to be confined in close proximity with family members.

But remember, these loved ones, whether they were parents or legal guardians, siblings, grandparents, uncles, aunts, or spouse and kids (if you were married) are your people. They love you and care about you. Be kind to them, no matter how hard it seems.



These are the golden years of your life, enjoy your family, love them and tolerate the tax that comes with having a family. Trust me, it is an investment that is well worth it. Years will pass, that is life, and family members will pursue – each – her or his own path; life will make sure to scatter us around like little seeds, each planted in a different plot of land, each growing her or his own branches: new careers, friends, experiences and more. You will end up liberated from your family's authority, with a lot of freedom, and a lot of time, and a lot of wishes for old days to return. No matter how the tide of life takes you: high or low in its ebb and flow, in all of these peaks and valleys, it is your loved ones that will stay there for you.

So, if you are blessed to have your loved ones around, cherish them. If they are not around, for any reason, pray for them. In all cases, give them your love and kindness through little gestures; you need it for your inner healing, as much as they do.

Be kind. Do it today, for tomorrow is uncertain.