

Prepare for day of emotions

TOMORROW is likely to involve a range of different, even extreme, emotions.

Anxiety: Scanning the horizon for passers-by in order to maintain distance.

Concern: Thinking of our parents, grandparents and older friends at risk.

Elation: Meeting close friends for the first time in months.

Freedom: Doing normal things, like

COMMENT

BY **CARMINE PARIANTE**, PROFESSOR OF PSYCHIATRY AT KING'S COLLEGE LONDON

walking, shopping, drinking and eating.

Fear: Extending our hands to stop people getting too close to us.

Frustration: Being unable to hug and kiss

those near us who we care about.

Irritation: Watching people taking little precaution and thus potentially spreading the virus.

Intimacy: Retrieving the physical closeness needed for affection.

Powerlessness: Being unable to plan for the future, to truly assess risk.

Trauma: Remembering news of

caskets on lorries, overcrowded hospitals and overworked NHS staff.

We will carry these emotions with us on the street when we go to restaurants or get our hair cut.

But tomorrow should also be a day of acceptance - of ourselves and our emotions, and of other people and their needs and wishes.