

HMAVIEWPOINT

So, we have made it through 2020. I hope your 2021 is going better.



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In 2020, we saw more than our fair share of ups and downs, positives and negatives. The positive side for many of us has been a significant boom in the hobby and toy industry.

One thing that has not been brought up enough in our world is mental health. Mental health is an integral part of our well-being and should be considered along with our physical health.

I am not here to speak for everyone or anyone in particular. Everybody has a different situation, given our current climate.

But with so much stress from finding a way to take care of your employees and keep your business running, it's essential to practice self-care.

Ask yourself these questions. How do you clear your mind? How do you find balance? How do you escape for a moment? How do you leave work behind and find solace and just be?

Take time to yourself to reflect. Think about the things that make you happy and bring you peace.

If you don't have answers yet, look for ways to carve out time to explore what self-care means to you.

I suggest that you try writing your thoughts down in a journal, taking a fast walk and then slowing the pace, watching stress-free movies or binging on a series with a bowl of popcorn or pizza. You might also try a new recipe. Leave your core business behind for a moment.

It can be hard to break away. Many of us get stuck in our routines, but there is a personal reward that comes with breaking up those routines. It's essential that we mentally re-group and decompress sometimes.

We all need a break from time to time; I know I do. The last time I was able to take that short break, it was fantastic to ease my mind from the stress of the unknown. It was hard to let go of the "to-do list," but I did. It was the best thing I could have done.

Take care of yourselves and your loved ones. Let's hope you're having a brighter 2021!

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