



Good News or Bad News

It seems today that the only news out there is bad news, and yes, there is a lot of inconceivable occurrences taking place in this world at the current time. The old saying of bad news travels fast and good news flows like molasses is extremely relevant. Everywhere you turn bad news is smacking us in the face. Inflation (highest in 40 years,) the war in Ukraine, supply issues, gas prices, labor, and did I mention gas prices.

Where is the good news? Well, when you think about it, it could be worse...right? At least this is what my 85-year-old mother continues to stress to me... "It could be worse, son." In these times though, it is very hard to shift to the good things happening vs. the bad. So, I beg the question again, where is the good news?

Our country has endured turbulent times in the past, and like clockwork, we seem to make it through. I can only have faith that this will be the case regarding this timeframe. But if I am being honest, it feels like this time is different. Maybe it's the fact that we are overloaded daily through social media, and multiple news outlets, of the dire situation our country/world is in. All Bad News!

In 2020, our world came to a complete halt, due to the Coronavirus. During the pandemic, and as recently as earlier this year, it felt like this virus was never going to cease or improve. Now here we are in May, and the cases have plunged, and we (cross our fingers) are moving in the right direction. That is good news...

I completely understand the difficulty in blocking out the bad news and searching for good news, but based on our history, this too shall pass. The key is to search out for the good news and embrace it. Everyone receives good news in their own unique way, so it's important to recognize it and give precedence to it. We can't ignore the troubles that we are currently facing, but we do have the ability to look at the other side of things. Focus on the good and have faith. In every family, state, county, city, township, church, school, business, there's an abundance of noble events taking place. Hearing, sharing, and being part of good news raises our spirits. For most people, good news puts us in a better disposition, which ultimately helps decrease stress. Less stress equates to a healthier individual, and to mention my mother again... **"Health is wealth."**

Believe me, I am not an expert in stress reduction, but I must admit that I crave good news to help me cope with the everyday stress...Along with good food. 😊

Thank you and God Bless.

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