

Transcript of [Covid & Mental Health](#)

A Message by the American mystic & sage Daniel Clay

Sometimes the greatest toll and illness can take on an individual, on a society, or even on the government is how it impacts mental health—mental health of those who become ill, the mental health of those who are caregivers, the mental health of families, and the mental health of leaders.

It is important that you realize, it is okay to be weak. It is okay to be scared. It is okay to hurt. It is important to share your feelings and understand that you are not alone. You are not alone! Most other people feel the same way you feel. Some have fear. Some have doubt. Some have hope. Some respond by crying. Some respond by giggling and laughing. But everyone, *everyone* is in this together, and everyone will come through this together. But it is important, really, truly, truly important, that you realize mental health is a part of physical health.

Mental health is physiological. Addictions are physiological. Pain is physiological. You say, "Oh, but fear generates panic and panic creates illnesses that aren't real, psychosomatic". We tell you that even when you say something is psychosomatic, it is generated by a change of chemicals in the brain. It is generated by a change of electrical impulses in the body and by the circulation of chemical reactions throughout the body.

Everything is physiological and every emotion is physiological. Be there for one another. Talk to one another. Just understand that isolation isn't about physical distance. **It's about mental distance!**

Be there for each other, and you will be healing agents.

We leave your blessings and with peace.

Peace be with you.

Daniel Clay