

# Brief letter of a doctor to his psychologist in the COVID-19 outbreak era



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Dear Laura,

I am at work everyday. Work is so much harder now as we are living on live wires! These masks always leave me with a constant, dull headache and an annoying plastic taste. It's so difficult to sleep well due to the recurring nightmares and frequent awakenings. I always feel a little guilty when I see my children during the evenings, but I wouldn't be able to behave differently. I haven't been able to see my mother for a long time. She is alone with her fears and hopes. When I'm alone at night, I am silently moved when I perceive the fatigue and fear of my colleagues who are either near or far away from me. But I am fine. Strangely enough, I feel good. I too send you a heartfelt hug in the hope that I shall soon see my personal

pusher of serenity and certainties! Warmest wishes to you and all your family.

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