

# Thoughts on a new day

Today had a rough start. I knew that in advance, so I did little things to prepare for it. One was taking an entire day of vacation, instead of just a partial day. Another was to go with the flow of the day.

I went to the funeral of a young man I barely knew. I do know his parents. I know his father very well. We've worked together for that past 16+ years.

Funerals something I generally try to avoid. I've been that way all my life, but for the past 5+ years I've really developed an immense dislike for them. I will go to them when people I know need support I might be able to give. It was still a rough morning.

As to going with the flow... Well after the funeral I thought it would be nice to spend some time with friends. A little time not thinking about the final aspect of life. It was a good choice. Lunch with good friends made the difference in the day.

Just thought I would share.