

# Cold weather and a fire

Yesterday was a long and tiring rehearsal. New scene changes, missing actor, multiple acts run again. It was not the best rehearsal.

I was due to be with friends watching the Academy Awards last night. I wasn't in the mood for any sort of gathering. All I wanted was food, relaxation and then sleep. I was grumpy, crabby, tired and hungry by the end of rehearsal. I was sure I wouldn't have been the best company while watching an award show. It was actually hard skipping the party, but my body almost demanded it.

After a quick bite to eat with my daughter, we went home and I started a fire in the fireplace. For just a bit I sat down near the fire, and stared at the flames. It had a very calming influence. I went to bed early and actually missed the award show.

Today, I felt a bit bad about not showing up. My grumpy, crabby self was well relaxed and ready to go. I'm sure I would have had fun at the gathering, but I'm also sure I would have paid for it today. Sometimes, I guess, I just need to listen to what my body is telling me. Food, rest and then sleep was definitely called for.

I hope everyone had fun at the party. I had a relaxing evening after a trying afternoon.