

Editor's Note

WELLNESS AND WELL BEING ISSUE

"Coronacoaster" is an apt term for our collective experiences of the past two years. A flashback to early January 2020 finds me on a sunny beach on Phu Quoc Island in Vietnam, watching my boys zip around on jet skis and play with the puppies who roamed the beach. I sat on a swing installed in the shallow, warm ocean water and thought the virus in Wuhan couldn't be that bad as I watched the Asian and European tourists around me. Now I equate that memory with the moment you stand in line outside the amusement park gates and spy the top of the largest roller coaster, wondering if you really want to ride that thing.

Our return from Vietnam was like the slow, upward climb on the track as school field study trips were cancelled, masks were required to leave the house and the rest of the world started paying attention to this virus that we in Asia had been eyeing with trepidation. I was convinced we had crested the top and taken the deepest plunge on the day that Prime Minister Lee announced on television that Singapore was entering a Circuit Breaker period. The moment felt like a free fall.

Since the day of Prime Minister Lee's first announcement, I've lost track of the highs, lows and loopy-loops. The monthly, daily and even hourly swings of restrictions and

emotions have become a regular feature of life and that beach swing on Phu Quoc Island feels ever more far away and long ago.

Like it or not, this pandemic period has given us a chance to refine traits like patience, ingenuity and resilience — sometimes at the expense of our physical wellness and mental/emotional well-being. This issue, AWA Magazine focuses on our wellness /well-being and on our efforts to find a balance between the two. We check into a wellness resort on Sentosa, debate our fixation with New Year's resolutions and explore the fun side of balance with foot reflexology and cocktails (alcoholic or not). We also explore Pasir Ris Park, investigate a wayfinding dementia project in Ang Mo Kio, sample Korean vegetarian fare and visit the Ice Cream Museum.

Finally, while I may struggle with my unplanned ride on this coaster (full disclosure: I hate roller coasters!), I often pause to think of all the Vietnamese people who made that last vacation memorable. I hope they've found a way to endure, as I know the ride they've been on has likely been much more intense than mine.

