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Day 21: Stay at Home When You are Sick

In *201 Little Buddhist Reminders*, Barbara Ann Kipfer shares Gathas on a daily life. Here is one that is very relevant to the winter season when so many of us get sick with colds, flu, and other maladies.

“I shall not be angry with getting sick. Illness is inescapable and I can choose to be at ease with and even gain strength from illness. I free myself from fear and am grateful for the blessing that the illness will eventually go away. Everything is impermanent, even sickness.”

Try this helpful and healing Gatha when it is needed and please, for the well-being of your neighbors and colleagues, stay home and rest. Or as the Buddhists say when you are sick, only sick time counts.