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By Sally March

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On December 31, the UK's Brexit transition period comes to an end. As I write this, the representatives of the UK and EU are still talking about whether a trade deal can be reached and, if so, what it will look like. With no clarity and only days left to prepare, on top of the fluid responses here and in other countries to COVID-19, we have uncertainty squared. Also, though I am writing before the US election has been certified, the count kept us on the edge of our seats. In uncertain times, psychologists advise us to focus on the things we can control.

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