

April 21, 2020

Dear Friends,

Yes we are watching TV on Saturday nights now. This past Saturday there was a virtual concert special called, "One World; Together at Home," which was refreshingly broadcasted on multiple and competing stations. It was organized by Global Citizen in support of the World Health Organization. I was transfixed as I watched artists from across the planet performing from their living rooms, but more profoundly did I find the footage and stories of how people from across the entire world are being impacted by COVID19. It opened my scope of understanding and engaged my empathy beyond our borders to places that have no health care, no running water, none of the almost mundane things we take for granted that are a matter of life and death in other parts of the world. On the show, Dr. Sue Varma, a respected psychologist, addressed some of the issues and difficulties during this time of isolation and separation. She mentioned that we all must make time for the "M"s of self-care during this period of social distancing while we are staying at home:

Movement- make sure we move around as much as possible.

Mindfulness- this keeps coming up because it's that important. Please see past reflections and feel free to explore it on the internet.

Mastery- things that are fun and creative as well as reading, puzzles and brain games.

Meaningful Connection- don't isolate, stay connected to friends and family, find a way.

Dr. Varma also mention the importance of **Laughter, Expressing Gratitude, and Labeling our Emotions** as well as **Offering someone help**- she said that small acts of kindness are mood boosters for both the giver and the receiver. I'm sure none of this is new to any of us, but if you are like me, I need to hear it over and over again. All of these things really can help to make a difference.

In today's reflection from "Grief One Day at a Time," Dr. Wolfelt says, "Sometimes we wish we could go back to our yesterdays, but the problem is we're not the same people we were yesterday. Our loss has changed us. Our ongoing grief continues to change us. We're different now... We're experiencing transformation.... There just ain't no goin back. We can't return to an old normal. We can only create a new normal."

God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

Peace and Serenity, Kevin