

SUPPORT DURING UNCERTAINTY: COPING WITH COVID-19

JULIE BROCKMAN, LCSW
SACRED HEALING PATH
503-201-1910



Dear Amazing You!

Thank you for taking some time to read some thoughts and reminders of self-care during this time of uncertainty regarding the Covid-19 virus and its' far reaching impacts on health, social connections, schools and finances/economy and more.

As you begin to read this I first invite you to take a deep breath not because I am going to say anything scary, but because if you are like many right now you might be holding your breathe or shallow breathing out of fear or anxiety. Take a breath. Don't force your breath, just gentle cleansing breaths in through your nose and out your mouth. Let any intense emotions just ride the wave of your breath right on out your exhale. Breathe in peace and calm. Repeat a few times more. Yup, great. Read on.

This newsletter isn't about reminding you to wash your hands or any other preventative measures or weighing in on risks or theories of why this is happening. It is to remind you of things you already know and self-care tips to help you reconnect with your innermost self. There are lots of great resources available for preventative measures, ways to boost your immune system and things you can do to treat symptoms should they arise. Please see Google. ☺

1. Create space for all your feelings to be present and valid. It's normal to feel anxiety, worry, fear, anger and more when facing the unknown. Please don't judge what you are feeling. This isn't a time to tell yourself NOT to feel something its time for the opposite. Tend to your worries, anger, frustrations, fears and anxieties and let them tell you what you need in order to feel calmer, more present and more peaceful. Tell your precious body that you are there for it and caring for it. Our bodies hear us and they respond powerfully.

2. Create space for all other's feelings to be present and valid even if it makes you uncomfortable or you don't understand their feelings or reactions. Please don't judge what others are feeling or doing. I know it's not an easy suggestion, but it can be very helpful. We often don't know what another's upbringing, traumas, health risks, financial situation or past life imprints are, etc. So, how another responds may be VASTLY different then how we respond or feel. Create a non-judgmental space for this to be okay (okay doesn't mean you have to like it.) For example, some people may be hoarding tp, cutting you off in traffic or making snarky comments on your social media account. You don't have to like it, but if you put your energy into that as your focus you pull the focus off of what this brings up in you. Does it bring up your own feelings of scarcity, or perhaps where people have been inconsiderate of your needs or the needs of loved ones at the expense of your well-being? If yes, be with that and the emotions connected with it and ask it what it needs from you right now. Tending to what comes up for you will bring you more peace then external judgment or outward focus will. ** Or course, this doesn't mean you don't speak up to take care of yourself, set boundaries, or advocate for change as needed.

3. Also, remember that everyone responds differently to times of stress and challenge regarding health/illness, social isolation and financial impact. This is part of #2 above, but deserves some extra time. Some people shut down, others get aggressive, some need constant time gathering information to feel calm and others need to limit their social media and news time. Many people won't know what they are feeling as they may be disconnected and overwhelmed. This is a time for supreme kindness towards yourself and others. **SUPREME! Love yourself and the world enough to be the kindness and understanding you want more of.** I know, it sounds cheesy, but this is a time to be a master of how you respond to your external world. If your bandwidth is shot and you've nothing to give recognize that and don't try to give from an empty place. Instead, take that as your information to get the support you need. This is a time to practice **giving and receiving.**

4. Anxiety and depression. If you tend towards anxiety, depression or both double up on what you know already helps you. For example, if normally a 20" walk is helpful in the past make it 40". We are in a time of much uncertainty and chaos and that can challenge even the most grounded and centered of people. So, please be extra kind and compassionate towards yourself if the old patterns and tendencies are heightened, which they likely are.

5. Home time. For many being at home can be a comforting time and for others home is chaotic, relationship dynamics already strained can worsen, or the physical space that is already small can feel suffocating. If you share space you may need regular family or roomie meetings to talk about how to manage this extra time together.

6. Discernment. Do your best to tune into YOUR knowing. There is much conflicting information so go within and listen for your answers. Follow your intuition.

7. Fear and your immune system. Fear lowers our body's immune system function. I am not saying that to scare you! No, just a reminder that everything you can do to lower your fear and come into present time will support your body's wellness. Fear is NEVER present time reality unless you are actually in the moment of a car coming at you, a mountain lion ready to pounce on you and the like. When you are in fear about the Covid-19 or your finances or _____ fill in the blank, it is being in the worry of the future or "what if" NOT what is actually occurring. So, breathe, center yourself, and pay attention to what is actually occurring in the very moment. I deeply appreciate that this is not easy when you are in fear. Remember, this is a practice. Be gentle with yourself because you may find yourself in and out of fear. This is normal. Just keep practicing bringing yourself into the now.

8. Empaths return what's not yours!! Okay, yes, everyone please do this. We are all connected and will at times notice things not ours. Just intend it to go back where it came from or surrender it to Source/God/Universe/Your word.

If you are interested in additional ideas for self-care check out the list on my website.

Blessings of health and a calm heart to you.~Julie

Julie Brockman
Sacred Healing Path
Julie@SacredHealingPath.com
Julie@SacredHealingPath.com
503-201-1910