

October Parish Nurse Corner

Unlocking Inner Peace When the World is on Fire

It is my prayer that you and your families are well and safe in this time of uncertainty. The pandemic continues to make itself known, providing uncertainty as we navigate our day to day lives. Over the past few months, I have spent time along the shores of Lake Huron and soaked in the sound of the waves lapping on the shore, the cry of the gulls, and the warmth of the sun. It felt like at least something in our world was the same. I began to understand the importance of spiritual anchors in our lives to provide strength and resilience to face our day to day challenges.

An article I recently read by David Rosmarin reminded us that, although the world is “on fire” with uncertainty, this is the perfect time to cultivate inner peace in our lives. The importance of mental health and wellbeing has come to the fore front during this time and national organizations such as [Canadian Mental Health Association](#) has promoted both phone support and online resources to support Canadians. David reminds us that although this may be extremely helpful, it is a reactive stance and instead he promotes a proactive approach that involves our spirituality. How spirituality is practiced is unique for each individual, but it is clear in the research that it is helpful in cultivating inner peace. The author proposed several spiritual practices; embracing moments of solitude, contemplating that loved ones and even strangers are present in our lives for a reason, and focusing on God’s will in our lives. Is it taking time for prayer and reflection as you start each day? Listening to the mass on television or virtually on a regular basis. Taking time to just experience the beauty and majesty of the world God has created. Rosmarin stated “from a spiritual perspective, the vast majority of human experiences are beyond our control”. So, in the end, this time of uncertainty is actually an opportunity to cultivate inner peace, when it is clear that so little is within our control. What spiritual anchors do you find helpful in your day to day life?

5 Practices for Coping with the Uncertainty

As this crisis continues, focusing on how we can build resilience to cope with the uncertainty is important. The following are suggestions that may be helpful:

1. **Be Open** – Acknowledge your thoughts and feelings about the current experience rather than trying to repress them.
2. **Be Aware** – Use all five of your senses (see, smell, hear, taste, & touch) to focus on just being in the present moment. Notice the beauty God has given us in the vibrant colours of fall.
3. **Be engaged and active** – Take time to reach out to family and friends by phone, virtually or by email. Make time to take a walk outside regularly.
4. **Be self compassionate** – Be kind to yourself and accept the grace of God the next time you find yourself in a time of suffering though a mistake or moment of pain.
5. **Practice gratitude** – Praying or journaling thanks for those things in your life that you are grateful for can build a sense of hopefulness.

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Reference: Retrieved from <https://www.spiritualfirstaidhub.com/>.