

- I, and those I am in contact with, are going to have days of sadness and frustration
- I need to be honest about how I feel and not hide or deny it
- I know others will be feeling the same
- I need to be kind to myself, and those around me.

*'The LORD bless you
and keep you;
the LORD make his face to shine on you
and be gracious to you;
the LORD turn his face towards you
and give you peace.'*

Numbers 6: 24-26

Reflection for the Week: May 18th -25th, 2020

Last week the clergy of the diocese were sent an abridged version of an article by a Psychotherapist and priest, Peter wells. The topic is how to recognise and manage 'Crisis Fatigue'. The information below is helpful to everybody, not just clergy!

Many of us are perhaps feeling bombarded with Corona updates from a range of media sources. I have spoken to many people who are constantly asking; 'What is required of me, what can I do, how do I help others?' There is confusion, uncertainty as to exactly what is going on, a feeling of being under siege and little room left to concentrate on anything else.

Signs of Crisis Fatigue

- Becoming distracted or disinterested in other aspects of life
- Because I don't know what to do or how to respond, I get fearful and express it in anger or frustration, or go silent.
- Altered sleep or eating patterns
- Ruminating on the possible consequences of the situation for me, for others, for the world.

What can I do?

ACCEPT that this crisis is going to last some time and prepare myself.

A: acknowledge that I am not in control and I need to find ways of coping

C: compromise on what I would like to do and work out what I can do

C: know that there will be **consequences** that are out of my control

E: show **empathy** to others because this shows that I and they are not alone

P: be **passionate** about caring for myself and those around me

T: trust in myself that I am doing all I can

Create a routine

- Prioritise what needs to be done each day
- Plan out my day to give it a structure
- Pace myself
- Permission to know I can only do so much, and seeking help and support is not weakness

Take a break

We all need time off from the news and worries.

- * Give myself 'news' breaks - I can catch up with the news
- * Create distractions that I enjoy, such as books, games, tv, films, online games, etc.
- * Make sure that I video-link with others so that I can see faces, not just words in a text or voices on the phone
- * Include some meditation or prayer
- * Create an exercise programme that I enjoy, even if it is simply walking up and downstairs and some stretches
- * Set meal and sleep times

And remember ...