

Parishioner Jane shares her thoughts for June 2020

Staying safe and staying sane

Hello again fellow survivors. It's a long haul through the pandemic but we are beginning to see a light at the end of the tunnel. Some days are better than others, but in each dip we are a little higher than the one before. Or so I hope.

I have to keep reminding myself that it is all in the mind. As someone put it, 'As a man thinketh in his heart, so is he'. If I say, I can't do that, I don't do it. But if I say I can do it, I find I'm halfway to doing it!

A church guide has been published, amid concerns about loneliness and anxiety and how to cope with mental health issues during the coronavirus outbreak. It suggests certain actions people can take, while practising social distancing and self-isolation to prevent the spread of the virus. For example, talking about feelings of distress over the phone or via social media; focussing on what can be changed rather than what cannot; doing enjoyable things like watching TV or playing games; helping others in small ways, and bringing it all to God in prayer.

The director acknowledged that we are living through very confusing and draining times, when ordinary healthy rhythms have been lost. We may be feeling in our minds and bodies the impact of trauma, while at the same time needing to adapt and change to unusual events. Taking care of ourselves and our own wellbeing is vital. He suggested having a trusted person to whom we can talk.

The church's guidelines are included in a new resource, 'Supporting good mental health'. The booklet describes techniques for dealing with feelings of isolation and fear. It includes devoting time to sleeping and eating well, making lists of the good things in life and thanking God for our existence. It recommends using prayers and Bible verses as aides to meditation.

If I do these things I find it takes me out of myself and helps me to get my thinking right. God has a plan and purpose for our lives and underneath are the everlasting arms.

This can be true for us all. So, 'Count your blessings, name them one by one, and it will surprise you what the Lord has done'.

Jane G