

Monday Musings, March 30, 2020

from Pastor Brooke

Happy Monday, Church Family!

It was just a week ago that Governor DeWine put the order into effect that we should all shelter in place. I have heard from many of you that you have been faithful in doing that. If that is all you do, you are doing a lot. But let's not pretend that it is easy; whether you are in your home by yourself or suddenly sharing your house all day every day with your family, it is not easy. Perhaps you are considered an essential worker and are leaving your family every day and going out into the world, which brings its own stresses. I received an article yesterday from a friend reminding me that our brains don't work well under stress. Here are just a few tips:

- **Do one thing at a time**
 - Our brains have trouble sequencing when we are stressed.
- **Create a to-do list each day and focus on that**
 - It's okay to step back once a day and focus on the big picture, but stay focused on what is in front of you.
- **Identify what you are good at and do that**
 - Suddenly you are being asked to do things you have either never done or haven't done on a consistent basis. If there is someone else who does those things better, don't be afraid to ask for help.
- **Make time for God**
 - Perhaps your day used to consist of volunteering or meeting people for coffee or going to work everyday. If you are out of a routine, sometimes our time to spend with God gets lost in the shuffle. That might mean prayer or reading scripture or it might mean sitting down and playing the piano (something I *need* to do this week) or being creative in some other way. But be sure you are making time to focus on the Divine.

I will share more of these next week, since the recommendation is now that we practice physical distancing until at least April 30. Until then, wash your hands, stay healthy, reach out to someone, and know that you are loved more than your wildest imagination.

Blessings,

Pastor Brooke

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