

Monday Musings, April 6, 2020

from Pastor Brooke

This week's Monday Musings are a little shorter, since we will be worshipping together for Maundy Thursday and Good Friday. But as promised, here are a few more suggestions for staying mentally healthy during this time.

1. **Find what gives you comfort** — This might be taking an afternoon nap, having a cup of tea, or snuggling with your family watching a funny movie before bed. Find what works for you and do it.
2. **Don't expect too much of yourself** — I have read this week that we are not working from home or doing school from home, we are isolating in the midst of a pandemic. Just because your neighbor has cleaned all of her closets and your sister has learned a new language, doesn't mean you have to do the same. In fact, it's okay if you're doing less.
3. **Trauma will emerge** — The longer we do this, the more likely this is to happen. Pay attention to what your body is telling you and take care of it. If your mind begins to race, remember to think of something you can hear, something you can feel, and something you can see.
4. **Set up some structure** — Last week I think I talked about routine. Within your day give yourself some structure, like calling a friend, journaling, praying; something that anchors you in each day.

I hope these are helpful and as I keep reminding myself — God is God and I am not.

Blessings,



Pastor Brooke

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