



COVID WELLNESS TIPS



VOL. 1, ISSUE 41

[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)

WE ARE ALL IN THIS TOGETHER

MANAGING DIFFICULT EMOTIONS



The ongoing unknowns of Covid-19 and racial injustice stemming from racism may be creating hyperarousal states of fear and anxiety. The work of meditation teacher and psychologist **Tara Brach** and an exercise from her book **Radical Compassion** provide a simple way to release emotional states, find calmness, and help you to better cope with stresses happening in the world. She titles this practice R.A.I.N. and the four steps are:

RECOGNIZE

Take a moment to say *What I am feeling here? I just yelled at the dog/my child/the person on the phone. What's going on with me?*

ALLOW

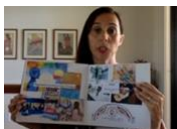
Name and allow what you are feeling to be present without trying to change it, judge it, or shut it down. *Oh, I'm angry (or hurt, frustrated, terrified, exhausted...).*

INVESTIGATE

Become curious about what is prompting the feeling, Anger may be rooted in an article you read over breakfast or the sadness you feel about world events or your own limitations.

NURTURE

When you recognize and name, allow space and then investigate, you are taking a nurturing stance toward yourself and calming your nervous system. You can breathe deeply for a few moments, put a hand on your heart, write a page in a journal, and/or accept and affirm who you are to bring comfort and to relax your mind and body.



Emotional Release Exercise, <https://vimeo.com/400966608>; **Art of Journaling**, <https://vimeo.com/401648929>,
Soften and Flow, <https://vimeo.com/400966625> : Xan Morris, c/o Alan Siegel

VIRTUAL LISTENING GALLERY, Wednesdays at 12 PM: Click: **Join Microsoft Teams Meeting** or call **925-391-1667**; **Conference ID: 872 649 67#**. The Gallery is a safe space where participants can pause, reflect, share their thoughts, and listen to each other. Come join us!

We care for you and **WE THANK YOU**. Please send your Bright Spots, videos, and suggestions to CovidWellness@cchealth.org. Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasul, Jacqueline Mostow, Samir Shah, Alan Siegel, Sonia Sutherland, Arlene Trimble