



The Catholic Women's League of Canada
London Diocesan Council



To: All Parish Presidents, Education and Health Chairpersons, Communications Chairpersons, OPC Education and Health Chairperson, OPC Communications Chairperson
CC: London Diocesan Council
From: Mary Bannon, First Vice-President, Education and Health
Denise Masse, Communications Chairperson
Combined Directive #2

EDUCATION AND HEALTH: In my conversations with relatives and friends during this current crisis I am especially struck by their feelings of loneliness, fear, anxiety and deep sadness. So I have discovered some ways for us to deal with these emotions. I know it's difficult but Be Calm and Smart. Try to activate the calming part of your system nicknamed "Tend and Befriend" and "Rest and Digest." It is the opposite side of us that is in overdrive now nicknamed "Fight or Flight." Ten Suggestions:

1. "Tend" to Yourself First! Make sure you are getting enough rest.
2. Eat Well : Eat fruits and vegetables in a balanced fashion. Eating should be a way of nourishing ourselves. Stay properly hydrated. Be careful of empty calories.
3. Eliminate/Reduce Alcohol and Other Intoxicants: I know! Tough for some people!
4. Go on a News Diet: Limit the amount of upsetting information to what you need to know to stay safe and follow the advice of experts. Then turn off the news.
5. Exercise: Although most of us can't work out the way we used to, we must find safe alternatives. Use YouTube to help you find ways of staying fit in your own home.
6. Have Some Fun: Give your brain an outlet to have fun through puzzles, magazines and humor. Enjoy the extra family time together by playing board games, cards and cooking.
7. "Befriend": Reach out making sure people close to you are staying safe.
8. Emote: It's beneficial to let your feelings out with a friend, family member or professional.
9. Be Kind: Most everyone is upset and could use a kind word right now. When we help others, we also help ourselves.
- 10 Limit Interactions With Negative People: Limit contact with the number of people who will distress you. It does feel good to lend a helping ear but it shouldn't be at the expense of your mental health.



The best thing scientists have noted is the healing of the earth, our home. Good News! *Mary*