

Faith Community Nursing

"Staying Well"

Social distancing can take a personal health toll on us all, causing psychological problems. During this unprecedented time of "shutting down" here are a few tips you may consider until we receive "the coast is clear."

- 1.) How about calling that "old friend" from high school, a former work friend, a relative or elderly neighbor to check in on them and see how they are doing (and letting them know how you, too, are doing! It's always nice to renew and refresh relationships)! They say, "Old friends are the best friends!"
- 2.) Remember that recipe you always wanted to try (or invent!)? How about making a healthy soup, casserole and stowing it away for future use in your freezer! Remember, this is not the time to "imbibe" during socially isolating times! If you are really excited about a new recipe, Food Cooking Networks (Weymouth : Ch. 54 or 239)
- 3.) EWTN (Weymouth: Ch. 56 or 238) or Catholic TV (Weymouth: Channel 268) both provide spiritually uplifting programs! The Mass, Rosary, Divine Mercy Chaplet and shows for children are plentiful.
- 4.) Remember that book or magazine that has been collecting dust in your bookcase or closet? Perhaps, it is in need of a special friend to clear off the cobwebs and engage in some constructive reading for enjoyment or knowledge!
- 5.) How about that closet that has been due for an uplift in appearance? So it goes that if we haven't worn it in 6 months to a year, it belongs to someone else! Spring cleaning can come early too, if we wish to clear out the size 6 and 8's that we know we will never fit in again!
- 6.) Remember a forlorn game we once loved and haven't found time to play? Solitaire, game puzzles, board games, fitted picture puzzles, word search, jumble, crossword puzzles or how about learning a new game such as Sudoku which can be mentally stimulating! I even taught myself that one!
- 7.) Remember to wash those hands for 20 seconds and for younger children, have them sing "Happy Birthday" twice as they scrub-a-dub! Sanitizing hand lotion with at least 60% alcohol may become a staple in our pocketbooks!

Limit your time on the TV regarding the coronavirus but keep abreast of enough information to remain informed. Balance is the key. Too much time devoted to the news can be draining and depleting to our mental health and that of our children. Speak to your little ones about coronavirus, a "germ," in language they can comprehend.

Most of all, know that God is with each of us. He never leaves our side: He is "Omnipresent"! Start up a personal conversation with Him asking Him for healing and consolation "for and to" all who are directly affected by this virus. Give gratitude to Him for medical professionals and their families who are on the first line of defense in order to assist the ill and prevent this virus from escalating. Gratitude for a home, health, loved ones (pets included: my puppies would want me to include them) and a God who loves us and will see us through!

God bless us, each and every one!! Pray, hope and don't worry excessively (but use your common sense and knowledgeable information) as dear Saint Padre Pio would encourage!