

Reflection #2
By Eugene Dufour

Faith in Oneself & Forbidden Fear

To Parents of First Responders, Health Care Workers and Essential Workers

I just got off the phone with our son who is a Firefighter in a large city. He told me about his day and that his platoon responded to 8 people in medical distress with difficulty breathing. I love hearing his stories and then I go into Dad and therapist mode and ask him how he is coping with all of this. I go back to watching TV and then off to bed. However, at 4:00 in the morning, I bolt out of bed with a full-blown panic attack due to the risk that our children are dealing with. I had the image of our son walking with his beautiful new son on his back along side his wonderful wife with his crazy dog running beside them with the COVID - 19 virus swirling around them.

Two Life lessons I learned from my 4:00 a.m wake up call and for all of us to remember:

- **F-Faith-** We need to have **faith** in our children's training, knowledge, wisdom and that the organization will keep them safe. They also have their own caring community that is looking after them. And they have our loving energy that is supporting them.
- **F.F – Forbidden Fear** -Be calm and take time to process your own thoughts and feelings. If they sneak up on you at 4:00 in the morning, listen to it and ask what it is trying to make you aware of. Do not hit the snooze button. Do not let the fear rule you.

We need to be aware of and take control of the negative effects of COVID – 19 on us and not hand our power over to fear.