

Reflection #12
By Eugene Dufour

Coping with the Fear of COVID 19 Infection

Last Friday night I was watching the news coverage of the crisis unfolding in New York city and I could not get the image of hospital staff respectfully loading the dead bodies of people in the refrigerated transport truck. I got up to get a cup of herbal tea to soothe my sorrow and I stubbed my toe on the leg of the coffee table. After holding my breath for a few minutes and having a few choice words come out of my mouth, I started to cry.....and it took a long time to stop. I was not crying about the sore toe. This was the first time in three weeks that I allowed myself to let out the emotional pain of all the suffering and loss we have been experiencing.

I altered this quote from the psychologist Joan Borysenko in order to name, claim and possible reframe what this world crisis is doing to us.

**As an individual, our families, our communities, our world
is facing a devastating world crisis
where people are at a point when they are
*no longer who they have been and
are not yet reborn into who they will be.*
We meet them in a place between
“no longer” and “not yet”**

This world crisis has changed how life was and is. How do we live with - no longer being who we were? How do we keep hope in the face of so much pain and suffering?

I think most of us have named and claimed this world crisis. Some of us are doing our part by staying home and isolating. Others have remained in their role of serving our communities and putting themselves in harms way. Today, reflect on these questions:

- How has this crisis changed my view of myself, my family, my community?
- How has being in a place of “no longer” affected you.
- How has being in a place of “not yet being reborn into who we will be” after this crisis?
- What is it like to meet ourselves and other people in a place of “no longer and not yet”?

Try this three-step process daily to be aware of how this crisis is affecting us.

1. Allow yourself to name the pain, anger, frustration that this crisis is causing.
2. Give yourself permission to feel and express all these emotions.
3. What gives you hope? For me, it is knowing that I am not in this alone.

Never underestimate the power of your personal presence.