

Reflection #13
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Coping with the Fear of COVID 19 Infection Your Daily Check In

I enjoy watching TV shows about pilots as they prepare to take off on their flight. The pilots are responsible for the safety of their passengers. They have strict procedures and protocols that guide them through the pre-flight phase of their journey. The pilots are focused and intentional about what they are doing. The other impressive thing about this pre-journey check in is.... they complete it with their co-pilot.... another human being.

I find this quote to be an excellent check in guide that I try to do three times a day.

“Everyone is a house with four rooms,
a physical,
a mental,
an emotional and
a spiritual.

Most of us tend to live in one room most of the time,
but unless we go into every room,
every day, even if only to keep it aired,
we are not a complete person.” – Indian Proverb

During a time of crisis, it is important to have a daily check in. I find it helpful to do this check in twice a day just to keep me centered. I visit each room, give it a good airing out and then I start or end my day. During this pandemic I am finding the need to do the check a third time at around 2:00 in the afternoon.

This is also a great tool to use for with family, friends and coworkers. This can be structured or spontaneous. Just state: Room Check and then both of you visit each of the rooms. It can be as simple as asking: How are you coping:

1. Physically.... I am sitting at the computer too much.... I need to move.
2. Mentally.... I cannot get the images of all that suffering out of my head.... I'm not sleeping well.
3. Emotionally.... I started crying in the shower this morning for no reason. I wonder what that was about?
4. Spiritually.... Why is this happening to us? Questions of meaning and purpose need to be explored.

Try this “air out a room” process with yourself, family and coworkers.... your co-pilots.