

Reflection #18  
By Eugene Dufour

### **Coping with The Fear of COVID – 19 Infection Healing Wounds**

This pandemic is causing both small and large wounds. But whether small or large, they are still wounds and call for attention. I marvel at how the body heals a cut and there is some valuable lesson we can learn from this that we can apply to emotional and spiritual wounds. Here is a description explaining the healing of bodily wounds and emotional wounds:

Just as the body heals if certain conditions are met, so will the mind heal.

#### **A bodily wound will heal if:**

1. the foreign material is cleaned out,
2. the edges of the wound are brought back together, and
3. the body is given the proper nutrients.

#### **An emotional wound will also heal if:**

1. unnecessary contaminants such as unreasonable guilt and resentment can be worked through.
2. the individual is prevented from feeling isolated and helped to feel connected.
3. the person can be helped to tap into the psychological "nutrients" that come from helping others.

Applying this to the feeling we have about all the suffering that this pandemic is causing can be helpful. To heal an emotional wound, it is healthy to deal with all the anger, guilt and shame that may be attached to this emotional wound. Reach out to as many people as possible and be very intentional about what we need to heal our emotional wound. Create and implement a personal mission of service to others.

Reflect – Ask for help, connect to others – Create a purpose.

*“The human soul doesn’t want to be advised or fixed or saved.  
It simply wants to be witnessed.... exactly as it is.”* Parker Palmer