

Reflection #10
By Eugene Dufour

Coping with the Fear of COVID – 19 Infection

Focus on Your “Vital Breath”.

Here is my explanation for spirituality. The word “spirit” come from the Latin root word for “breath”. The word soul comes from an old German word “shale” which means “from the depth of you”. When I ask someone in crisis to describe their spirituality I am asking: “What is your most vital breath that comes from the depth of you”? Some people’s spirituality is based on devotion to family, being a part of a faith community or a vocation in the healing or serving profession. More and more people are explaining to me that their vital breath becomes rejuvenated by being in nature. During this difficult time, it is important for us to reflect on our “vital breath that comes from the depth of our self”. I find it helpful to reflect on this quote when I don’t know what to do during a crisis.

**Emotional and Spiritual care is to devote
presence, attention,
and respectful assistance
to helping people to discern
what is the meaning in their life now,
in this new environment of pain;
and how they seek to live out that meaning
as the recovery unfolds.**

What is being asked of you during a crisis.....Presence....Attention....Respectful Assistance