

Reflection #4  
By Eugene Dufour

## Dealing with the Fear of Being Infected with COVID – 19

### When the “Shake – Rattle and Roll” hits you!

The trauma and the body expert, Dr. Peter Levine, uses this phrase to describe how our body and mind reacts to trauma.

Dr. Levine has the following **6 vital practical suggestions** on this body and mind reaction:

1. It is a natural reaction – do not stop it – stuff it – dismiss it or take medication to reduce it.
2. **R.C – Release Cortisol** – Physically, the body is releasing large amounts of cortisol (the stress hormone) that is preparing the body for fight or flight.
3. **B – Burn** -The “shake – rattle and roll” process burns off the cortisol. Let it happen. It will last for about 30 to 60 minutes.
4. **P.P – Person present** – Tell someone to be just present with you..... No talking or nothing needs to be done
5. **M. B – Meditative Breathing** -Try to breath in through your nose and out through your mouth..... slowly. Meditative breathing or controlled breathing also gets body and mind out of the flight or flight response.
6. There is no right way or wrong way to do this process.... **just your way.**