

Reflection #6
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Coping With the Fear of COVID – 19 Infection – “Bouncing from Your Knees Tool”

Our son was a small but feisty little hockey player and he had many good coaches. One coach, Rob Staffen, taught our son that when he went into the corners to take the position of “Suma”. He explained that Suma wrestlers bend their knees as a way of centering their strength and allowing them to be grounded. No matter how small you are, it is very difficult to take you out of your game when you are in “Suma”.

This is an important lesson for Health Care Workers and Essential Workers.

- **Knees Buckle** – when we feel lightheaded.
- **Bend your Knees** - If overwhelmed and do this repeatedly. You will feel like you are bouncing from your knees.

Bouncing from the knees helps in 4 ways –

1. **Discharge Negative Energy** - that might be stored up in the body after providing care to clients or after a four-hour shift serving the public.
2. Feel **grounded and centered**.
3. **Disengage from the fight or flight** response
4. Be **proactive** and **frequently** bouncing from your knees gently.

Small things like the “Bouncing from Your Knees Tool” will help us cope with this marathon of a crisis.