

Reflection #8  
By Eugene Dufour

### **Coping with the Fear of COVID – 19 Infection**

Let's use the name of this virus to bring attention on how to cope.

**C – Compassion** – Use compassion toward other and self compassion for ourselves. Another great word is “**conspired**” – the Latin meaning for this word is “to breath with”. I cope better when I know my team members are breathing with me.

**O – Observe** what your head, heart, body and soul is telling you about this crisis.

**V – Vision and Values.** Reflect on your core values and vison that directed you into the helping profession.

**I – Inspire.** Be Inspired by your values and vision to keep motivated to continue to help and be hopeful.

**D – Do** this type of reflection over and over.

**19** – Lets break this number down:

- **7** – Reach out each day of the week to someone that will support and inspire you to keep helping others.
- **12** – Send positive energy, think about or pray for 12 people or situation that I feel powerless to help or change but by sending my loving energy gives me hope.

**C – Compassion and Conspire**

**O – Observe**

**V – Vision and Values**

**I – Inspire**

**D – Do**

**19** – **7** people to encourage you – **12** people or situations to reach out to.