







Mindful Memo



Week 22 – January 24th-January 28th, 2022 – RCMA Wimauma Community

A Mindful Response to Omicron

-  Unity. *We're in this together...*
-  Annoyance. *Ugh. I'm SO done with this. I don't want to hear about it anymore...*
-  Resilience. *I've got this! I'm digging my heels in...*
-  Exhaustion. *I'm so tired...*
-  Grateful. *I'm thankful for my health, and for an understanding, flexible support system...*
-  Double Exhaustion. *MAKE IT STOP!*

As we pivot yet again, we've likely felt one if not all of these emotions. Perhaps all in the same day! The relentless challenges we've faced since the beginning of the pandemic continue to take their toll...especially during a time when we thought this would all be behind us by now. This week, take some time to recalibrate any negative responses to the ongoing pandemic.

The only constant in life is change – It's human nature to want to feel in control. When we don't know what's coming and we can't control the narrative, we become deregulated. Use mindfulness to take life as it comes. Embrace the uncertainty. Let go and let life flow.

This is a sequel, not a rerun – Our brains like to make connections to the past, however, in times like these that can be harmful. Refrain from saying “Here we are, 2020-21 all over again!” or similar statements. If we compare the present to the past, we are unnecessarily reliving the trauma and missing the beauty of the present. We have enough to manage in the present. Leave the past in the past.

Finding equanimity – This fancy word simply means composure during difficult times. This composure can be achieved through self-care, self-awareness, and humor. It's critical to take moments to disconnect and be silly and laugh. Monitor your mental and physical battery. If you're running on empty, take some time for yourself.

“You have power over your mind – not outside events. Realize this, and you will find strength.”

Marcus Aurelius

