



Just Breathe,

During this difficult and unprecedented time is anyone else noticing waves of difficulty? One moment a sense of: "I'm ok", or "we can do this". Then suddenly (sometimes unexpectedly) a wave of worried thoughts, or a wave of intense irritation, or a wave of fear about what might happen, or a wave of "how long will this go on for?". It has me considering, "How do we meet the waves of distress?" These waves that knock us off balance.

After watching a YouTube video of Canadian Astronaut Jeremy Hansen (<https://www.youtube.com/watch?v=azjrxS3Nm4o>) talking to kids about space travel and COVID 19, he got me thinking about adapting and being creative. In some ways being creative is looking with curiosity for what is the same as always. So what is the same as always? The snow is melting. The pond is thawing. Dandelions and grass are coming to life. Our seedlings in the window are sprouting. Laundry needs to be done, animals need to be fed. For me, noticing (and even celebrating) the things around me that are "as always" is one way to be creative in this "not normal" time.

Being creative and adapting to the "not normal" waves of distress and discomfort might be about trying new things and it might be about coming back time and again to what we already know. I know that pausing to breathe and noticing what is happening for me (recall the Weather Check In) is a practice that I can come back to time after time. Just breathe. Again and again and again.

Experiment with pausing for a quiet moment. Placing one hand over your heart and one hand over your belly (if that feels right). Noticing what it feels like to feel your hands on your own body. Feeling the sensations created by placing your hand over your heart and on your belly. Breathe. Noticing your breath as you inhale completely and as you exhale completely. Try anchoring your attention to your breath at your nostrils. What can you notice at your nostrils about this breath? Is it fast or slow? Long or short? Ragged or smooth? Is there a temperature to your breath? Can you sense some comfort in the warmth of your hand on your body and in focusing on just this breath, right now? Anchoring to breath is one way to adapt to and meet the waves. For a more detailed look at practicing with your breath, I invite you to check out what Linda Graham offers in this reading (<https://lindagraham-mft.net/resilience-expert-offers-three-ways-to-tap-into-the-wisdom-of-the-body/>).

Another way of being creative and adapting might be about movement. Moving your body in a way that is right for you *at this time* with what you have available to you *now*. We might need to be creative

about moving in this time of distancing. Find some way to move. Walk, run, do yoga, stretch. If you're sitting, stand. If you're in the living room move to the kitchen. For a sense of community in movement, try local online yoga with Arturo (<https://arturogarciaolivera.com/canada/>). Another yoga option we like is online Yoga with Adriene (<https://www.youtube.com/user/yogawithadriene>). For the kid in you try Cosmic Kids Yoga (<https://www.cosmickids.com/category/watch/>).

Warmly, Becky and Shelley