

## “Nurturing Spiritual Health and Resilience amidst a Pandemic”



### Connections and Relationships can facilitate growth and health.

The degree to which we each need each other is certainly moderated by personality, age, and life circumstances, among other things. But there's no disputing that for the vast majority of people, the pandemic is affecting our relationships and challenging our ability to remain resilient as a result.

People in long term partnerships may be getting on each other's nerves with spending so much time together. Those without a significant other may be experiencing less hope of finding a partner and a heightened sense of loneliness. People who are shut in by virtue of age or illness are cut off from their normal supports and having to “go it alone” in order to preserve their health. Worse still, pandemic has intensified social, political, and economic gaps. Family ties and friendships are being eroded over beliefs and practices and even scientific information about COVID-19.

So how do we find ways to connect in these stressful days?

The answer will vary from person to person, but therein lies the first step: get clear about the relationships that feed your spirit, and look for new ways to support those. Perhaps a change in boundaries can be negotiated around time and space in your home, whether with a partner, a parent, a sibling, or roommate, to ensure that you get the emotional space you need. Online dating may be one way to “take the edge off” that longing for a life partner. Can you be creative about reaching out to those in your life who depend on you? What resources can you draw on to do that?

Easy answers are few and far between, but it may be that at no time in history has the old adage been so true: If you always do what you've always done, you'll always get what you've always got.



### SOMETHING TO WATCH OR LISTEN TO

[Can Relationships Survive a Global Pandemic?](#)

[How to use resilience to cope with what's happening around us | The Social](#)

[Ten Ways to Stay Connected to others during social isolation](#)

### SOMETHING TO DO

[Writing exercise: Foster connection and kindness](#)

[Key Principles to Help Achieve Peace of Mind in a Troubled Relationship](#)

### Connect with Nature

More and more people are recognizing that nature can have benefits for our health and mood. I'm sure many of you have taken a walk in the park or woods and felt afterwards that it was just what you needed. It made you feel calmer, refreshed, and more alive. Having access to and spending time in green spaces has shown to reduce both stress and morbidity.

### Take a Nature Break

Taking at least 20 minutes out of your day to stroll or sit in a place that makes you feel in contact with nature has been proven to significantly lower your stress hormone levels. Give it a try.

## **When You Can't Forest Bathe:**

- **Appreciate nature on a smaller scale.** Notice trees, yards or plants in your neighbourhood.
- **Add plants to your surroundings.** Groupings of indoor plants can provide a green spot for all season. Vertical planting can bring green to small spaces.
- **Listen to nature.** Research shows listening to natural sounds is linked to brain activity associated with relaxation.
- **Look at nature photographs mindfully** to boost appreciation and gratitude.

## **SOMETHING TO READ**

**[How to Mitigate Loneliness And Its Consequences](#)**

**[How \(and Why\) to Stay Socially Connected in this Pandemic](#)**

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