

Day 57 | Friday, 15 May 2020

Today's thoughts are from The Church Mouse

The church mouse has a Master's degree and post-Masters certification in New York State and Pennsylvania. These were received from Saint Bonaventure University's graduate program in Counseling Psychology from 1991 through 1996.

Sixteen years were spent from 1991 through 2007 working at Dunkirk City Schools with youth at risk, substance abuse counseling, and high school counseling. Two years prior to 1991 were spent volunteering at Dunkirk City Schools during internship programs.

The survivalist information comes from a lifelong passion for the subject prompted by being raised by people who lived through the 1918 Spanish flu, the Great Depression and World War II.

Let's think today about mental fatigue, boredom, loneliness and fear.

1. Mental fatigue:

The best way to overcome mental fatigue is to get rest, change what you do, get mild exercise, have our COVID-19 conversations, play games, and use your imagination (fantasizing).

2. Boredom and loneliness:

*Boredom is usually experienced in long-term survival situations (like ours), where loneliness and repetitive activities are keeping the human mind from being challenged.

The best method for dealing with boredom is to keep busy, and remember that even your smallest activity is playing a part in your overall survival goal.

*Loneliness can often leave you with a feeling of despair; it can make you want to just give up. In order to deal with loneliness, you must first accept your current situation, and understand that by keeping busy and focusing on your goal, you can survive. Rely on your skills, and on your ability to get through your situation and ultimately reach your goal of survival. Talk with God!

3. Fear:

Fear is the body's way of avoiding dangerous situations that can cause us physical and mental harm. As long as the fear is founded on tangible facts, it can be very useful.

Fear can keep our actions in check, and it can trigger our natural “fight or flight” response. Fear that is unfounded in facts can impair our ability to make rational decisions, and it can jeopardize our ability to survive. Worry is a type of fear that can be based on facts but can be something that has not and may not ever happen. Don't be fearful of the unknown, don't worry about that which you cannot control period instead, keep your mind on the task before us: preparing to mitigate the threat at hand, and to concentrate on survival.

*When you consider our survival situation, always remember to **S.T.O.P.**

Stop Think Observe Plan

*The U.S. Army uses the acronym **S.U.R.V.I.V.A.L.** to help soldiers remember how to survive.

Size up the situation

Undue haste makes waste

Remember where you are

Vanquish fear and panic

Improvise

Value living

Act like a native (do with less)

Live by your wits

Blessed God who has gifted us with many skills. Help us use our skills and knowledge to overcome any mental fatigue, boredom, loneliness, and fear we may be feeling due to having to stay at home. Strengthen our will to survive and surround us with your strength. Bring us inner peace. Hear our prayers. Amen

Today: How are you surviving? Pray for what you need.